

Forever

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Forever and for Always - Shania Twain



ROCK, RECOVER, TURNING TRIPLE, ROCK, RECOVER, TURNING TRIPLE

1-2-3&4 Rock forward on right, recover back on left, ½ turn right shuffling forward(right-left-right)
5-6-7&8 Rock forward on left, recover back on right, ½ turn left shuffling forward(left-right-left)

TWO CIRCLE TURNS/FIRST LEFT, THEN RIGHT

1 ¼ turn left pivoting on left, touching right toe to right side(12:00)
&2 Push off with right pivoting ¼ turn left on left, touching right toe to right side(9:00)
&3 Push off with right pivoting ¼ turn left on left, touching right toe to right side(6:00)
&4 Push off with right pivoting ¼ turn left on left, stepping in place with right
This completes circle to left
1 ¼ turn left pivoting on right, touching left toe to left side(12:00)
&2 Push off with left pivoting ¼ turn right on right, touching left toe to left side(9:00)
&3 Push off with left pivoting ¼ turn right on right, touching left toe to left side(6:00)
&4 Push off with left pivoting ¼ turn right on right, touching left toe to place along side right(9:00)

SYNCOPATED PROGRESSIVE LEFT VINE

1-2&3&4 Step on left to left side, cross right behind left, left to left side, cross right over in front of left, left to left side, cross right behind left

¼ TURN, ½ MILITARY TURN, ¼ TURN

1-2-3-4 ¼ turn left stepping forward on left, step forward on right, ½ turn left shifting weight to left, ¼ turn left stepping in place on right

SYNCOPATED PROGRESSIVE VINE RIGHT

1&2&3 Cross left behind right, right to right side, cross left over in front of right, right to right side, cross left behind right

¼ TURN, ½ MILITARY TURN, SHUFFLE FORWARD

4-5-67&8 ¼ turn right stepping forward on right, step forward on left, ½ turn right shifting weight to right, shuffle forward(left-right-left)

REPEAT