拍数： 32
蟺数： 2
级数：High Improver
编舞者：Karl－Harry Winson（UK）－August 2011
音乐：Forever－Lionel Richie ：（Album：Just Go）


Intro： 16 Counts（Start on lead vocals） Written at： 96 BPM

Nightclub basic X2．1／4 turn Right．Step．1／2 turn Left．Coaster Step．
1－2\＆Step Right to Right side．Rock Left behind Right．Cross Right slightly over Left．
3－4\＆Step Left to Left side．Rock Right behind Left．Cross Left slightly over Right．
5－7 Make 1／4 Right stepping Right forward 3.00 （5）．Step Forward on Left（6）．Make 1／2 Left stepping Right back（7）9．00．
8\＆1 Step back on Left．Step Right beside Left．Step forward on Left 9．00．

Side rock－cross X2（Travelling forward）．Step Back．Side Step．Right Lock step．
2\＆3 Rock Right to Right side．Recover weight on Left．Step forward and cross Right over Left．
4\＆5 Rock Left to Left Side．Recover weight on Right．Step forward and cross Left over Right．
6－7 Step back on Right．Step Left to Left side．
8\＆1 Step Right forward．Lock Left behind Right．Step forward on Right 9．00．
Forward Rock．Sailor 1／2 turn－cross Left．Hip Sways X2．Right scissor step．
2－3 Rock forward on Left．Recover weight back on Right．
4\＆5 Cross Left behind Right．Step Right beside Left making 1／2 Left．Cross Left over Right 3．00．
6－7 Step Right to Right side：Sway Hips Right，Sway Hips Left
8\＆1 Step Right to Right side．Close Left beside Right．Cross Right over Left．
1／2 turn Right．Right scissor step．Triple 3／4 turn．Right cross Rock．
2\＆3 Make 1／4 Right stepping Left back 6．00．Make 1／4 Right stepping Right to Right side 9．00． Cross Left over Right．
4\＆5 Step Right to Right side．Close Left beside Right．Cross Right over Left．
$6 \& 7 \quad$ Make 1／4 Right stepping Left back 12．00．Make 1／2 Right stepping Right forward 6．00．Step forward on Left．
8 \＆Cross rock Right over Left．Recover weight back on Left．

## Start Again！

Tag：The following 8 Count tag occurs at the end of Wall 2 facing the 6.00 wall．
Nightclub basic Right．Full turn Left．Nightclub basic X2
1－2\＆Step Right to Right side．Rock Left behind Right．Cross Right slightly over Left．
3－4\＆Make 1／4 Left stepping Left forward 3．00．Step forward on Right．Pivot 3／4 turn Left 6．00．
5－6\＆Step Right to Right side．Rock Left behind Right．Cross Right slightly over Left．
7－8\＆Step Left to Left side．Rock Right behind Left．Cross Left slightly over Right．

