

Forever Sway

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: High Beginner
编舞者: Forty Arroyo (USA) - November 2011
音乐: Forever and One Day (Radio Edit) - Mr. President : (3:39)



(This Hayloft Floor Split was inspired by- the FUN Intermediate Line dance "Forever and One Day" by John Robinson)

Dedicated to The Sturbridge & Brimfield Senior Line Dancers

Contact John Robinson www.mrshowcase.net; also available on amazon.com

Start dance after 16 – on vocals. - Sequence: 48, 48, 32, 48, 48, 48, 32, 48, 48*

WALK, KICK, BACK, BACK, COASTER STEP

- 1- 4 Walk forward right diagonal – R, L, R, Kick (or touch) L forward (1:30)
- 5, 6 Traveling back L diagonal – Step back on L, Step back on R (1:30)
- 7&8 Squaring off to 12:00 - Step back on L, Step R next to L, Step forward on L

WALK, KICK, BACK, BACK, COASTER STEP

- 1- 4 Walk forward left diagonal – R, L, R, Kick (or touch) L forward (10:30)
- 5, 6 Traveling back R diagonal – Step back on L, Step back on R (10:30)
- 7&8 Squaring off to 12:00 - Step back on L, Step R next to L, Step forward on L

HIP SWAYS, ROCKING CHAIR

- 1- 4 Sway hips R, L, R, L
- 5- 8 Rock Forward on R, Step L in place, Rock back on R, Step L in place

RIGHT KICK, CROSS, STEP, STEP, LEFT KICK, CROSS, STEP, STEP

- 1, 2 Kick (or touch) R forward – right diagonal, Cross R over L
- 3, 4 Step back on L, Step back on R
- 5, 6 Kick (or touch) L forward – left diagonal, Cross L over R
- 7, 8 Step back on R, Step back on L

RESTARTS HAPPEN HERE AT 12 O'CLOCK (3rd and 7th repetition dance only the first 32 counts)

3rd repetition starts at 6:00 and 7th repetition starts at 12:00

(if dancing to Forever and One Day)

¼ MONTEREY TURNS, TOUCH, STEP (REPEAT) – end at 6 O'clock

- 1, 2 Touch R out to side, Pivot ¼ right on LF – stepping R next to L (3:00)
- 3, 4 Touch L out to side, Step L next to R
- 5, 6 Touch R out to side, Pivot ¼ right on LF – stepping R next to L (6:00)
- 7, 8 Touch L out to side, Step L next to R

2 RIGHT KICK BALL CHANGES, CHARLESTON

- 1&2 Low kick R forward, Step ball of R next to L, Step L slightly forward
- 3&4 Low kick R forward, Step ball of R next to L, Step L slightly forward
- 5- 8 Step forward on R, Kick L Forward, Step Back on L, Touch R toes back

*Ending – you will be ending at 6:00 – after the 2 kick ball changes – walk around ½ turn left to 12:00 – (instead of the Charleston) – (5-8) walk R, L, R, L

Repeat – Have Fun!!

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