

Forever Is Over (結束永遠) (zh)

COPPER KNOB
STEPSHEETS

拍數: 64

牆數: 2

級數: Intermediate

編舞者: Dee Musk (UK) - 2009年10月

音樂: Forever Is Over (Radio Edit) - The Saturdays



前奏 : Track approx 3 mins 24 secs - Start On heavy beat when they sing 'Forever Is Over' Approx 39 seconds. 88 Count Intro

第一段 Cross Back Side Step Forward, Kick Step Back Touch Back $\frac{1}{2}$ Turn L.
交叉 後 側 前踏, 踢 踏 後 點 後轉

1-4 Cross step R over L, step back on L, step R to R side, step forward on L. 右足於左足前交叉踏, 左足後踏, 右足右踏, 左足前踏

5-8 Kick R forward, step R back, touch L toe back, make a $\frac{1}{2}$ turn L (weight forward on L). (6 o'clock).
右足前踢, 右足後踏, 左足趾後點, 左轉180度左足前踏(面向6點鐘)

**** RESTART here DURING wall 4 – begin again facing 6 o'clock.**

第四面牆跳至此, 從頭起跳

第二段 Toe Strut, Step L Pivot R, Toe Strut, Full Turn L.
趾踵, 左踏轉, 趾踵, 左轉圈

1,2 Step R toe forward, drop R heel.
右足趾前踏, 右足踵踏

3,4 Step forward on L, make a $\frac{1}{2}$ turn R (weight forward on R).
左足前踏, 右轉180度(重心在右足)(面向12點鐘)

5,6 Step L toe forward, drop L heel.
左足趾前踏, 左足踵踏

7,8 Travelling forward make a $\frac{1}{2}$ turn L stepping back on R, make a $\frac{1}{2}$ turn L stepping forward on L (weight forward on L). (12 o'clock).
(向前移動)左轉180度右足後踏, 左轉180度左足前踏(面向12點鐘)

(Optional walk forward R, L). 簡易版:右足前走, 左足前走

*** RESTART here DURING wall 2 – begin again facing 12 o'clock.**

第二面牆跳至此, 從頭起跳

第三段 Cross Side Sailor Step, Cross $\frac{1}{4}$ Turn L, $\frac{1}{4}$ Turn L With Side Shuffle.
交叉 側 水手步, 交叉 1/4, 1/4帶追步

1,2 Cross step R over L, step L to L side.
右足於左足前交叉踏, 左足左踏

3&4 Cross step R behind L, step L to L side, step R to R side.
右足於左足後交叉踏, 左足左踏, 右足右踏

5,6 Cross step L over R, make a $\frac{1}{4}$ turn L stepping back on R.
左足於右足前交叉踏, 左轉90度右足後踏(面向9點鐘)

7&8 Make a $\frac{1}{4}$ turn L side shuffling L, R, L. (6 o'clock).
左轉90度左追步-左, 右, 左(面向6點鐘)

第四段 Cross Rock Side Shuffle, Cross Back Side Touch.
交叉下沉 側交換, 交叉 後 側 點

1,2 Cross rock R over L, recover weight to L.
右足於左足前交叉下沉, 左足回復

3&4 Step R to R side, close L beside R, step R to R side.
右足右踏, 左足併踏, 右足右踏

5-8 Cross step L over R, step back on R, step L to L side, touch R beside L. (6 o'clock).
左足於右足前交叉踏, 右足後踏, 左足左踏, 右足併踏(面向6點鐘)

第五段 Step Forward Kick, Back Touch, Step Back Kick, Back Rock Recover.

踏 踢, 後 點, 後 踢, 後下沉 回復

1,2 Step forward on R, kick L forward.

右足前踏, 左足前踢

3,4 Step back on L, touch R beside L.

左足後踏, 右足併點

5,6 Step back on R, kick L forward.

右足後踏, 左足前踢

7,8 Rock back on L, recover weight to R. (6 o'clock).

左足後下沉, 右足回復(面向6點鐘)

第六段 L Shuffle Forward, Step ¼ Turn L, Weave With ¼ Turn L.

前交換, 踏轉1/4, 藤步帶1/4轉

1&2 Shuffle forward stepping L, R, L.

前交換-左, 右, 左

3,4 Step forward on R, make a ¼ turn L.

右足前踏, 左轉90度(面向9點鐘)

5-8 Cross step R over L, step L to L side, cross step R behind L, make a ¼ turn L stepping forward on L. (12 o'clock).

右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左轉90度左足前踏(面向12點鐘)

*** RESTART here DURING wall 6 – begin again facing 12 o'clock.

第六面牆跳至此, 從頭起跳

第七段 Forward Rock, ½ Turn R, ¼ Turn R, Sailor Step, Cross Sweep.

前下沉, 右1/2, 右1/4, 水手步, 交叉繞

1,2 Rock forward on R, recover weight to L.

右足前下沉, 左足回復

3,4 Make a ½ turn R stepping forward on R, make a ¼ turn R stepping L to L side. 右轉180度右足前踏, 右轉90度左足左踏(面向9點鐘)

5&6 Cross step R behind L, step L to L side, step R to R side.

右足於左足後交叉踏, 左足左踏, 右足右踏

7,8 Cross step L over R, sweep R from behind L to in front of R. (3 o'clock). 左足於右足前交叉踏, 右足由後繞至前(面向9點鐘)

第八段 Cross Side Behind Point, Cross ¼ Turn L, Side Shuffle L.

交叉 側 後 點, 交叉 左1/4, 左追步

1-4 Cross step R over L, step L to L side, cross step R behind L, point L to L side.

右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左足左點

5,6 Cross step L over R, make a ¼ turn L stepping back on R.

左足於右足前交叉踏, 左轉90度右足後踏(面向6點鐘)

7&8 Step L to L side, close R beside L, step L to L side. (6 o'clock).

左足左踏, 右足併踏, 左足左踏(面向6點鐘)
