

Forever And A Day

Count: 68

Wall: 2

Level: Intermediate

Choreographer: Pat Stott (UK)

Music: Angel - Lionel Richie



ROCK STEP, CROSS SHUFFLE TWICE

- 1-2 Rock right to side, recover to left
3&4 Cross right over left, step left to side, cross right over left
5-6 Rock left to side, recover to right
7&8 Cross left over right, step right to side, cross left over right

SIDE, BEHIND, CHASSE TURN ¼ RIGHT, PIVOT TURN ½ RIGHT, WALK TWICE

- 9-10 Step right to side, cross left behind right
11&12 Step right to side, step left together, turn ¼ right and step right forward
13-14 Step left forward, turn ½ right (weight to right)
15-16 Step left forward, step right forward

PIVOT FULL TURN, SYNCOPATED LOCK STEPS

- 17-18 Step left forward, spiral turn a full turn right

Snap fingers

- 19& Step right forward, lock left behind right
20& Step right forward, lock left behind right
21-22 Step right forward, clap
&23 Lock left behind right, step right forward
&24 Lock left behind right, step right forward

ROCK STEP, TRIPLE FULL TURN LEFT, ROCK STEP, PIVOT TURN ½, WALK TWICE

- 25-26 Rock left forward, recover to right
27&28 Triple in place turning a full turn left stepping left, right, left

On steps 27&28 the full turn can be replaced with a coaster step

- 29-30 Rock right forward, recover to left
31-32 Turn ½ right and step right forward, step left forward

ROCK STEP, COASTER STEP TWICE

- 33-34 Rock right forward, recover to left
35&36 Step right back, step left together, step right forward
37-38 Rock left forward, recover to right
39&40 Step left back, step right together, step left forward

ROCK, STEP, BEHIND & CROSS TWICE

- 41-42 Rock right to side, recover on left
43&44 Cross right behind left, step left to side, cross right over left
45-46 Rock left to side, recover on right
47&48 Cross left behind right, step right to side, cross left over right

TURN ¼ RIGHT, SHUFFLE TURN ½, TURN ½ RIGHT, SHUFFLE, TURN ½ LEFT

- 49-50 Turn ¼ right over 2 counts (weight to right)
51&52 Turn ½ left and shuffle LEFT FORWARD, right left
53-56 Repeat 49-52

ROCK STEP, TRIPLE TURN ½ RIGHT, TOUCH & CROSS

- 57-58 Rock right forward, recover to left
59&60 Triple in place turning ½ right and step right, left, right
61-62 Touch left toe to side, cross left over right
63-64 Touch right toe to side, cross/touch right toe over left
65-66 Touch right toe to side, cross right over left
67-68 Touch left toe to side, cross left over right

REPEAT