

You Are Forever In My Heart (



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LINEDANCE.COM

Count: 32 **Wall:** 2 **Level:** Absolute Beginner

Choreographer: Nina Chen (Taiwan) November 2017

Music: You Are Forever In My Heart - Liu Ai Ling (□□□□□□□□□□) / □□□ ()

Intro: 32 counts - No Tag ! No Restart !!

Sec 1: ROCKING CHAIR, SIDE - TOGETHER, R CHASSE

1-4 Rock RF fwd - Recover on LF - Rock RF back - Recover on LF

5-6, 7&8 Step RF to R - Step LF beside RF, Step RF to R - Step LF beside RF - Step RF to R

1-4 □□□□ - □□□□ - □□□□ - □□□□

5-6, 7&8 □□□□ - □□□□□□□□ , □□□□ - □□□□□□□□ - □□□□

Sec 2: ROCKING CHAIR, SIDE - TOGETHER, L CHASSE

1-4 Rock LF fwd - Recover on RF - Rock LF back - Recover on RF

5-6, 7&8 Step LF to L - Step RF beside LF, Step LF to L - Step RF beside LF - Step LF to L

1-4 □□□□ - □□□□ - □□□□ - □□□□

5-6, 7&8 □□□□ - □□□□□□□□ , □□□□ - □□□□□□□□ - □□□□

Sec 3: ROCK FWD - RECOVER, BACK SHUFFLE, ROCK BACK - RECOVER, FWD SHUFFLE

1-2, 3&4 Rock RF fwd - Recover on LF, Step RF back - Cross LF over RF - Step RF back

5-6, 7&8 Rock LF back - Recover on RF, Step LF fwd - Step RF beside LF - Step LF fwd

1-2, 3&4 □□□□ - □□□□ , □□□□ - □□□□□□□□ - □□□□

5-6, 7&8 □□□□ - □□□□ , □□□□ - □□□□□□□□ - □□□□

Sec 4: SIDE ROCK - RECOVER, CHA CHA CHA, ROCK FWD - RECOVER, FWD SHUFFLE 1/2 L

1-2, 3&4 Rock RF to R - Recover on LF, Step RF beside LF - Step LF in place - Step RF in place

5-6, 7&8 Rock LF fwd - Recover on RF, 1/4 turn L (9:00) step LF fwd - Step RF beside LF - 1/4 turn L (6:00) step LF fwd

1-2, 3&4 [] [] [] [] - [] [] [] [] , [] [] [] [] [] [] [] [] - [] [] [] [] - [] [] [] []

5-6, 7&8 [] [] [] [] - [] [] [] [] , [] [] [] [] [] [] [] [] 1/4 (9:00) [] [] [] [] - [] [] [] [] [] [] [] [] - [] [] [] [] [] [] [] [] 1/4 (6:00) [] [] [] []

Have Fun & Happy Dancing !!!

Contact Nina Chen : nina.teach.dance@gmail.com