

# Forgive And Forget

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Anja Waldmeier (CH) & Joshua Talbot (AUS) - September 2025

**Extras:** N/A

**Intro:** 32 counts - Start on the word FLOWERS

**Section 1:** OUT OUT, HOLD, R  $\frac{1}{4}$  SAIOLR,  $\frac{1}{2}$  PIVOT,  $\frac{1}{2}$  TOGETHER, KICK FWD

**&1, 2** Step R out, step L out, HOLD

**3&4** Step R behind, step L to L,  $\frac{1}{4}$  R step R fwd

**5, 6** Step L fwd,  $\frac{1}{2}$  R taking weight R

**7, 8**  $\frac{1}{2}$  R step L together, kick R fwd with R toe pointed fwd

**Section 2:** R LOCK SHUFFLE BACK, ROCK BACK, RECOVER,  $\frac{1}{4}$  SIDE, BEHIND,  $\frac{1}{4}$  FWD,  $\frac{1}{2}$  HOOK/HITCH

**1&2** Step R back, cross L over R, step R back

**3, 4** Rock L back, recover weight R

**5, 6**  $\frac{1}{4}$  R step L to L, step R behind L

**7, 8**  $\frac{1}{4}$  L step L fwd,  $\frac{1}{2}$  L on ball of L foot slightly hitching R knee up/hooking R behind L

**Section 3:** BACK, SWEEP, WEAVE BEHIND, SIDE ROCK,  $\frac{1}{4}$  RECOVER,  $\frac{1}{2}$  SHUFFLE

**1, 2** Step R back, sweep L from front to back

**3&4** Step L behind R, step R to R, cross L over R

**5, 6** Rock R to R,  $\frac{1}{4}$  L as you recover weight L

**7&8**  $\frac{1}{4}$  L step R to R, step L together,  $\frac{1}{4}$  L step R back

**Section 4:** L ROCK BACK, RECOVER, FULL FWD, SIDE SHUFFLE, BEHIND,  $\frac{1}{4}$  FWD

**1, 2** Rock L back, recover weight R

**3, 4**  $\frac{1}{2}$  R step L together,  $\frac{1}{2}$  R step R slightly fwd

**5&6 Step L to L, step R together, step L to L**

**7, 8 Step R behind L,  $\frac{1}{4}$  L step L fwd**

**[32]**

**Finish: Dance to count 6 in section 2, then step L to L, cross R over L.**

**Joshua Talbot: +61 407 533 616 [dance@jbtalbot.com](mailto:dance@jbtalbot.com) [www.jbtalbot.com](http://www.jbtalbot.com)**

**Anja Waldmeier: [www.awesome-dancers.ch](http://www.awesome-dancers.ch)**

**Last Update: 15 Sep 2025**