

ALWAYS FOREVER

LINEDANCE.COM

Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Leann O'Neill

Music: Forever & For Always by Shania Twain

The choreographer was age 15 when this dance was written

Start when she sings; "I can hear your heartbeat now"

ROCK STEP; CROSS STEP CROSS; ROCK STEP; BEHIND STEP CROSS

- 1-2** Rock right out to right side; recover weight onto left
- 3&4** Cross right over left; step left to left side; cross right over left
- 5-6** Rock left out to left side; recover weight onto right
- 7&8** Step left foot behind right; step right foot to right side; cross left over right

POINT STEP; FULL TURN; ROCK & TOGETHER; BEHIND SIDE CROSS

- 1&2** Point right to right side; then do a full turn over right (keeping weight on right)
- 3&4** Rock left to left side; recover weight onto right; step left beside right
- 5-6** Rock right to right side; recover weight onto left foot
- 7&8** Step right foot behind left; step left to left side; cross right over left

$\frac{3}{4}$ SHUFFLE TURN; STEP BACK RIGHT & LEFT; $\frac{3}{4}$ SHUFFLE TURN; POINT LEFT & STEP

- 1&2** Do a $\frac{3}{4}$ shuffle turn over right stepping right, left, right
- 3-4** Step back on right foot; step back on left foot
- 5&6** Do a $\frac{3}{4}$ shuffle turn over right stepping right, left, right
- 7-8** Point left foot to left side; step left foot forward.(slightly crossing over right)

HIP BUMPS; RIGHT COASTER STEP; $\frac{3}{4}$ CHUG TURNS

- 1&2** Stepping forward on right bump right hip forward, bump right hip back, bump right hip forward
- 3&4** Step back on right; bring left beside right; forward on right
- 5-6** Chug left foot into a $\frac{1}{2}$ turn right, chug left foot into a $\frac{1}{4}$ turn right
- 7&8** Cross left foot over right; step right to side; cross left foot over right

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=64685