

# FOREVER AND A DAY

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**Count:** 68

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Pat Stott

**Music:** Angel by 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  $\frac{1}{2}$  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 $\frac{1}{4}$ RIGHT, SHUFFLE TURN $\frac{1}{2}$ , TURN $\frac{1}{2}$ RIGHT, SHUFFLE, TURN $\frac{1}{2}$ LEFT**

**49-50** Turn  $\frac{1}{4}$  right over 2 counts (weight to right)

**51&52** Turn  $\frac{1}{2}$  left and shuffle LEFT FORWARD, right left

**53-56** Repeat 49-52

### **ROCK STEP, TRIPLE TURN $\frac{1}{2}$ RIGHT, TOUCH & CROSS**

**57-58** Rock right forward, recover to left

**59&60** Triple in place turning  $\frac{1}{2}$  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**