

FOREVER & ONE DAY

MUSIC: Forever & One Day by Mr. President (Radio Edit or Radio Groove 3:39). Contact John to purchase CD single (also available from Amazon.com and Amazon.co.uk). SEQUENCE: Begin 16 counts in with vocals. The 3rd & 7th repetitions are short walls – **only do the first 32 counts* then start over (you'll be facing 12:00 the first time and 3:00 the second time).**

COUNTS

48/4

LEVEL

INT



CALL OR TEXT : 609-314-0115 > WRITE : mrshowcase@gmail.com

FACING 1:30, WALK FORWARD R-L, R MAMBO FORWARD, WALK BACK L-R, L COASTER STEP

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|-----|--------------|---|
| 1,2 | Walk, walk | Facing 1:30, R step forward (1), L step forward (2) |
| 3&4 | Mambo step | R rock ball of foot forward (3), L recover (&), R step next to L (4) |
| 5,6 | Back, back | L step back (5), R step back (6) |
| 7&8 | Coaster step | L step ball of foot back (7), R step ball of foot next to L (&), L step forward (8) |

1/2 PIVOT LEFT, R TRIPLE FORWARD, FULL TURN, L TRIPLE FORWARD

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|-----|-------------|---|
| 1,2 | Pivot half | R step ball of foot forward (1), Pivot 1/2 left (7:30) (2) |
| 3&4 | Triple step | Facing 7:30, R step forward (3), L step ball of foot next to R (&), R step forward (4) |
| 5,6 | Half, half | Pivot 1/2 right (1:30) stepping L back (5), pivot 1/2 right (7:30) stepping R forward (6) |
| 7&8 | Triple step | L step forward (7), R step ball of foot next to L (&), L step forward (8) |

SWAY HIPS R-L-R-L, R SAILOR STEP, L SAILOR STEP TURNING 1/8 LEFT

Styling: Emphasize the sways by shifting weight completely over the appropriate foot and swaying arms from side to side with palms down at waist level

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|-----|------------------|--|
| 1,2 | Sway right, left | R step side right swaying hips right (1), Sway hips left (2) |
| 3,4 | Right, left | Sway hips right (3), Sway hips left (4) |
| 5&6 | Sailor step | R step ball of foot behind L (5), L step ball of foot side left (&), R step forward (6) |
| 7&8 | Sailor turn | L step ball of foot behind R (7), R step ball of foot side right turning 1/8 left (6:00) (&), L step forward (8) |

WALK FORWARD R-L, & R SIDE ROCK, CROSS, WALK L-R TRAVELING LEFT, & L SIDE ROCK, CROSS

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|------|-------------------|---|
| 1,2 | Walk, walk | R step forward (1), L step forward (2) |
| &3,4 | Quick rock, cross | R rock ball of foot side right (&), L recover (3), R step across L angling body diagonally left (toward 4:30) (4) |
| 5,6 | Walk, walk | L step side left (5), R step across L (6) |
| &7,8 | Quick rock, cross | L rock ball of foot side left (&), R recover squaring up to back wall (6:00) (7), L step across R (8) |

[*Restart here during 3rd and 7th repetitions]

R STEP BACK TURNING 1/4 LEFT, L STEP FORWARD TURNING 1/2 LEFT, TRIPLE TURNING 1/2 LEFT, L ROCK FORWARD, RECOVER, L COASTER STEP

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|-----|---------------|---|
| 1,2 | Quarter, half | Turn 1/4 left (3:00) stepping R back (1), Turn 1/2 left (9:00) stepping L forward (2) |
| 3&4 | Triple half | Turn 1/2 left (3:00) while executing a triple, stepping right (3), left, (&), right (4) |
| 5,6 | Rock, recover | L rock ball of foot forward (5), R recover (6) |
| 7&8 | Coaster step | L step ball of foot back (7), R step ball of foot next to L (&), L step forward (8) |

R KICK-BALL-CHANGE TWICE TRAVELING FORWARD, SYNCOPATED SIDE TOUCHES R&L&R, & R KNEE POP

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|------|-----------------|---|
| 1&2 | Kick-ball-step | R kick forward (1), R step ball of foot next to L (&), L step slightly forward (2) |
| 3&4 | Kick-ball-step | R kick forward (1), R step ball of foot next to L (&), L step slightly forward (4) |
| 5&6& | Point & point & | R toe touch side right (5), R step home (&), L toe touch side left (6), L step home (&) |
| 7&8 | Point, knee pop | R toe touch side right (7), angling body diagonally right (toward 4:30), R knee pop forward (raise heel) (&), R knee straighten (lower heel but not completely to floor, thereby keeping weight on L) (8) |