

Forever And Ever

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Music: Forever And Ever Artist: Tony Evans and His Orchestra
Music For Dancing – Rise 20 Wonderful Rumbas – Time 2:47
Available from Amazon.com or Contact Choreographer

Rhythm: Rumba Phase 5

Footwork: Opposite Unless Noted Difficulty: Average

Sequence: Intro-A-B-A-B(1-14)-End Released 8/15

Intro

- 1-4 **FCG WALL IN A HANDSHAKE WAIT;; TRADE PLACES 2X'S;;**
- 1-2 Fcg Wall in a Hndsk Wait;;
- 3-4 **{Trade Places}** Rk apt L, rec R trng ¼ RF to fc RLOD beh W releasing jnd R hnds, cont RF trn to fc ptr & COH sd & bk L(W rk apt R, rec L trng ¼ LF to fc RLOD in front of M, cont LF trn to fc ptr & Wall sd & bk R),-; L hnds jnd rk apt R, rec L releasing jnd L hnds trng ¼ LF to fc RLOD beh W, cont LF trn to fc ptr & Wall sd & bk R (W rk apt L, rec R trng ¼ RF to fc RLOD in front of M, cont trn to fc ptr & COH sd & bk L) to Hndsk,-;

Part A

- 1-4 **OPEN HIP TWIST; FAN; STOP & GO HOCKEY STICK;;**
- 1 **{Open Hip Twist}** Hndsk Ck fwd L, rec R, cls L to R (W bk R, rec L, fwd R twd M w/tension in right arm trng ¼ RF to fc Lod),-;
- 2 **{Fan}** Bk R, rec L, sd R (W Fwd L, fwd R trng Lf to fc Rlod, bk L to fan pos),-;
- 3-4 **{Stop & Go HStick}** Ck fwd L, rec R raising left arm to ld W to LF u'arm trn, cl L to R (W cls R, fwd L, Fwd R trng ½ LF under jnd ld hnds to end at M's right sd),-; Ck fwd R placing R hnd on W's left Shlder blade to ck her movement, rec L raising left arm to ld W to a RF u'arm trn, cls R (W Ck bk L, rec R, fwd L trng ½ RF under jnd hnds to end in Fan Pos),-;
- 5-8 **HOCKEY STICK;; ½ BASIC; UNDERARM TURN TO BFLY S/C;**
- 5-6 **{Hockey Stick}** Fwd L, rec R, cls L(W cl R, fwd L, fwd R),-; Bk R, rec L, fwd R following ptr (W Fwd L, fwd R trng LF to fc ptr, sd & bk L),-;
- 7-8 **{1/2 Basic}** Fwd L, rec R, sd L,-; **{Underarm Trn}** Bk R raising lead hnds, rec L, sd & fwd R to Bfly S/C fcg DRW(W thru L trng ½ RF under Ld hnds, rec R trng ½ RF, sd & bk L to Bfly S/C),-;
- 9-12 **CHECK LADY DEVELOPE; BACK SIDE CLOSE; ALEMANA;;**
- 9 **{Ck Lady Develope}** Ck fwd L in Bfly S/C DRW,-,-(W Bk R,-, bring L ft up R leg to inside of R knee, extend L ft fwd);
- 10 **{Back Side Close}** Bk R (W fwd L) trng LF to fc ptr, sd L, cl R,-;
- 11-12 **{Alemana}** Fwd L, rec R, cl L ldg W to trn RF(W Bk R, rec L, sd R comm RF trn),-; Bk R, rec L, sd R (W cont RF trn fwd L, cont RF trn fwd R, sd L),-;

Part A Cont:

- 13-16 **3 CUDDLES;;; LADY SPIRAL OUT TO A FAN;**
13-15 {3 Cuddles} Push sd L, rec R, cl L(W trn RF on L, rk bk R in M's R arm, rec L to fc ptr, sd R to cuddle pos),-; Push sd R, rec L, cl R(W trn LF on R, rk bk L in M's L arm, rec R to fc ptr, sd L to cuddle pos),-; Push sd L, rec R cl L (W trn RF on L, rk bk R in M's R arm, rec L to fc ptr, sd R to start LF trn),-;
16 {Lady Spiral To A Fan} Push sd R, rec L, cl R (W cont LF a full trn, fwd L, fwd R cont LF trn, Bk L to fc RLOD in Fan Pos),-;

Part B

- 1-4 **ALEMANA FROM A FAN;; ½ BASIC TO; NAT'L TOP 3 (FC WALL);**
1-2 {Alemana From A Fan} Fwd L, rec R, cl L Idg W to trn RF (W Cl R, fwd L, fwd R comm RF trn to fc ptr),-; Bk R, rec L, sd R (W cont RF trn under jnd Id hnds fwd L, cont RF trn fwd R, sd L),-;
3 {1/2 Basic}Fwd L, rec R, comm RF trn ¼ sd L (W bk R, rec L, comm RF trn ¼ fwd R),-;
4 {Nat'l Top 3} XRIB of L comm RF trn, sd L cont trn, XRIB of L cont trn to fc Wall (W sd L comm RF trn, XRIF of L con trn, sd L cont trn to CP) Fcg Wall,-;
- 5-8 **CROSS BODY (FC COH);; CROSS BODY (FC WALL);;**
5-6 {Cross Body} Fwd L, rec R, sd L trng LF(W Bk R, rec L, fwd R twd M to right sd),-; Bk R cont LF trn, sm fwd L, sd & fwd R(W Fwd L comm LF trn, fwd R trng ½ LF, Sd & bk L) Fc COH,-;
7-8 {Cross Body} Repeat Meas 5-6 of Part B to HNDSK FCG WALL;;
- 9-12 **FLIRT;; 2 SWEETHEARTS;;**
9-10 {Flirt} Fwd L, rec R, sd L (W bk R, fwd L, fwd R trng LF to Varsouvienne Pos),-; Bk R, rec L, sd R (W bk L, rec R, sd L moving across in frt of M to end in left Varsouvienne Pos),-;
11-12 {2 Sweethearts} Dbl Hnd Hold Ck fwd L w/ R sd lead to contra ck like action, Rec R straightening body, sd L(W bk R w/L sd lead to a contra ck like action, Rec L straightening body, sd R),-; Fwd R w/L sd lead to contra ck like action, Rec L straightening body, sd R(W bk L w/R sd lead to a contra ck like action, Rec R straightening body, sd L),-;
- 13-16 **SWEETHEART; AIDA; HIP RK 3; CUCARACHA;**
13 {Sweetheart} Dbl Hnd Hold Repeat Meas 11 of Part B (Lady trns to fc ptr),-;
14 {Aida} To Lod fwd R trng RF, sd L cont RF trn, bk R (W fwd L trng LF, sd R cont LF trn, bk L),-;
15 {Hip Rk 3} Rk fwd L, rk bk R, rk fwd L to fc ptr & Wall,-;
16 {Cucaracha} Push sd & bk R, rec L, cl R to Hndsk,-;
*** NOTE: 2nd Time Thru B Change Meas 14 to Thru R to fc ptr, sd L, cl R to Bfly Wall,-;

Repeat A

Repeat B(1-14)

Ending

- 1-2 **1/2 BASIC; AIDA & HOLD;**
1-2 {1/2 Basic} Fwd L, rec R, sd L,-; {Aida} Fwd R trng RF, sd L cont RF trn, bk R (W Fwd L trng LF, sd R cont LF trn, bk L) endg in Aida Pos,-;

