Forever And Ever

Choreo: Shirley & Don Heiny  4613 N. 1150 E. Idaville, In 47950
(574) 870-1994   E-Mail shheiny@hotmail.com

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 ¾ LF to fc RLOD in front of M, 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 ¾ 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 ¾ LF under jnd Id hnds to end at M's right sd),;- Ck fwd R placing R hnd on W's left Shld 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 ldg 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 ld hnds fwd L, cont RF trn fwd R, sd L),;- 

3  
{1/2 Basic} Fwd L, rec R, comm RF trn ½ sd L (W bk R, rec L, comm RF trn ½ 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 Varsouviene Pos),;- Bk R, rec L, sd R (W bk L, rec R, sd L moving across in frt of M to end in left Varsouviene 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,;-