

# 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 third repetition is a short wall – only do the first 32 counts\* then start over (this happens when you're facing 12:00).

**COUNTS**  
48

**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

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

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

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

- |      |                          |   |
|------|--------------------------|---|
| 1,2  | <b>Walk, walk</b>        | R step forward (1), L step forward (2)  |
| &3,4 | <b>Quick rock, cross</b> | R rock ball of foot side right (&), L recover (3), R step across L angling body diagonally left (toward 4:30) (4) |
| 5,6  | <b>Walk, walk</b>        | L step side left (5), R step across L (6)   |
| &7,8 | <b>Quick rock, cross</b> | 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 repetition]

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

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

- |      |                                |   |
|------|--------------------------------|---|
| 1&2  | <b>Kick-ball-step</b>          | R kick forward (1), R step ball of foot next to L (&), L step slightly forward (2)  |
| 3&4  | <b>Kick-ball-step</b>          | R kick forward (1), R step ball of foot next to L (&), L step slightly forward (4)  |
| 5&6& | <b>Point &amp; point &amp;</b> | R toe touch side right (5), R step home (&), L toe touch side left (6), L step home (&)   |
| 7&8  | <b>Point, knee pop</b>         | 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) |