



## Forever And A Day

68 count, 2 wall, Intermediate level  
Choreographer : Patricia E. Stott (UK)  
Choreographed to : Angel by Lionel Ritchie

---

### **SIDE, ROCK, CROSS SHUFFLE, SIDE, ROCK, CROSS SHUFFLE, SIDE, BEHIND, SHUFFLE TURNING ¼ RIGHT ½ PIVOT RIGHT, 2 WALKS FORWARD**

- 1 - 4 Step right foot to right side, rock in place on left foot, cross right over left  
step left foot to left, cross right over left
- 5 - 8 Repeat steps 1 –4 commencing with left foot
- 9 - 12 Step right foot to right, cross left behind right, step right foot to right, close left  
foot to right, turn ¼ to right and step forward on right
- 13 - 16 Step forward on left foot, pivot ½ turn to right transferring weight forward onto  
right foot, walk forward left, right

### **STEP FORWARD, FULL TURN RIGHT, SYNCOPATED LOCK STEPS FORWARD**

- 17 - 18 Step forward on left foot, pivoting on left foot turn full turn to right ( bring right  
foot up in front of left leg during the turn)- snap fingers on step 18
- 19 & 20 & 21 Step forward on right foot, lock left behind right, step forward on right foot,  
lock left behind right, step forward on right
- 22 hold and clap hands
- & 23 & 24 Lock left foot behind right, step forward on right, lock left foot behind  
right, step forward on right foot

### **ROCK FORWARD, ROCK BACK, TRIPLE STEP TURNING FULL TURN TO LEFT, ROCK FORWARD, ROCK BACK TURN ½ TURN TO RIGHT AND WALK FORWARD –RIGHT, LEFT**

- 25 - 26 Rock forward on left foot, rock back onto right foot
- 27 & 28 Turning full turn to left dance a triple step –left, right, left
- 29 - 30 Rock forward onto right foot, rock back onto left foot
- & Turn ½ turn to right ( pivoting on left foot)
- 31 - 32 Walk forward – right, left

### **ROCK FORWARD AND BACK, COASTER STEP X 2, ROCK TO SIDE, RECOVER, SAILOR SHUFFLE X 2**

- 33 - 34 Rock forward onto right foot, recover back onto left foot
- 35 & 36 Step back onto right foot, close left foot to right, step forward on right
- 37 - 40 Repeat steps 33 – 36 commencing with left foot
- 41 - 42 Rock right foot to right side, recover onto left foot
- 43 & 44 Cross right foot behind left, step left foot to left side, cross right over left
- 45 - 48 Repeat steps 41 – 44 commencing with left foot

### **TURN ¼ TURN TO RIGHT, HOLD, TURN ½ TO LEFT AND SHUFFLE FORWARD, TURN ½ TO RIGHT, HOLD, TURN ½ TO LEFT AND SHUFFLE FORWARD**

- 49 - 50 Turn ¼ to right and transfer weight onto right foot, hold one beat
- 51 & 52 Turn ½ to left and shuffle forward – left, right, left
- 53 - 54 Turn ½ turn to right and transfer weight to right foot, hold
- 55 & 56 Turn ½ turn to left and shuffle forward left, right, left

**ROCK FORWARD, ROCK BACK, TRIPLE STEP TURNING ½ TURN TO RIGHT**

57 - 58            Rock forward on right foot, recover back onto left foot  
59 & 60            Turning ½ turn to right dance triple step right, left right

**TOUCH LEFT TO LEFT, CROSS LEFT OVER RIGHT, TOUCH RIGHT TO RIGHT, TOUCH  
RIGHT FORWARD, TOUCH RIGHT TO RIGHT, STEP FORWARD AND ACROSS LEFT,  
TOUCH LEFT TO LEFT, CROSS LEFT OVER RIGHT**

61 - 62            Touch left toe to left side, step forward and across right foot  
63 - 64            Touch right toe to right, touch right toe forward and across left foot  
65 - 66            Touch right toe to right side, step forward and across left foot  
67 - 68            Touch left toe to left side, step left foot forward and across right foot

Begin dance again

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA  
Tel: +44 (0)1704 501235 Fax: +44 (0)1704 501678  
Web site: [www.linedancermagazine.com](http://www.linedancermagazine.com)  
E-mail: [admin@linedancermagazine.com](mailto:admin@linedancermagazine.com)