

ALWAYS AND FOREVER

PG 1 of 2

CHOREO: Peg & John Kincaid, 9231 Limestone Place, College Park, MD 20740, (301) 935-5227 E-Mail: kincaidcpa@aol.com
RECORD: EPIC 15-2377 "Always & Forever" by Heatwave, distributed by Collectables, avail Palomino & Perry's Place.
FOOTWORK: Opposite unless otherwise stated
RHYTHM: Slow Two Step **RAL PHASE:** III+2 [switches, R trn O/S roll]
SEQUENCE: INTRO A B BRIDGE A B BRIDGE A (MOD for ending)
SPEED: 48 rpm (adjust for comfort) **RELEASED:** 9/02

INTRO

1-4 WAIT;; OPEN BASIC TWICE;;

- 1-2 in ½ op "V" pos fcg w/lead ft free wait;;
- 3 sd L opening out to L ½ op fcg RLOD,-, XR beh L, rec L;
- 4 sd R opening out to R ½ op fcg LOD,-, XL beh R, rec R;

PART A

1-4 SIDE BASIC; REV U/A TRN; LUNGE BASIC TWICE;;

- 1 sd L,-, XRIB of L, rec L;
- 2 sd R jn lead hnds,-, XLIF of R, rec R (W sd L comm LF trn undr jnd lead hnds,-, XR ovr L trng LF ½, rec fwd L to fc ptr);
- 3 sd L w/sl lunge action,-, rec R, XLIF of R;
- 4 sd R w/sl lunge action,-, rec L, XRIF of L;

5-8 OPEN BASIC TWICE;; SWITCHES TWICE;;

- 5-6 REPEAT MEAS 3 & 4 INTRO;;
- 7 XIF of W sd L to L½ op,-, fwd R, fwd L (W fwd R,-, fwd L, fwd R);
- 8 fwd R,-, fwd L, fwd R (W XIF of M sd L to ½ op,-, fwd R, fwd L);

9-16 SIDE BASIC; REV U/A TRN; LUNGE BASIC TWICE;; OPEN BASIC TWICE;; SWITCHES TWICE;;

- 9-16 REPEAT MEAS 1-8 PART A;;;;;;;

PART B

1-4 PROGRESSIVE WLKS;; FULL BASIC;;

- 1-2 in ½ op fwd L,-, fwd R, fwd L; fwd R,-, fwd L, fwd R;
- 3-4 sd L,-, XRIB of L, rec L; sd R,-, XLIB of R, rec R;

5-8 RIGHT TRN OUTSIDE ROLL; BASIC ENDG; OPEN BASIC TWICE;;

- 5 XIF of W sd & bk L to fc RLOD,-, sd & bk R trng ¼ RF leadg W undr jnd lead hnds, XLIF of R end fcg ptr COH (W fwd R comm RF twrl undr lead hnds,-, fwd L, fwd & sd R to fc ptr/WALL);
- 6 REPEAT MEAS 4 PART B;

- 7-8 REPEAT MEAS 3 & 4 INTRO openg 1st to LOD then RLOD;;

9-16 PROGRESSIVE WLKS;; FULL BASIC;; RIGHT TRN OUTSIDE ROLL; BASIC ENDG; OPEN BASIC TWICE;;

- 9-16 REPEAT MEAS 1-8 PART B w/M fcg COH prog to RLOD & end w/ M fcg ptr/WALL;;;;;;;

BRIDGE

1-2 DIP BK; RECOVER;

1-2 bk L relaxg L knee extendg R leg,-,-,-; rec R,-,-,-;

REPEAT PART A, PART B, & BRIDGE

PART A (MODIFIED FOR ENDG)

1-15 SD BASIC; REV U/A TRN; LUNGE BASIC TWICE;; OP BASIC
TWICE;; SWITCHES TWICE;; SD BASIC; REV U/A TRN; LUNGE
BASIC TWICE;; OP BASIC TWICE;; DIP BK & HOLD;

1-14 REPEAT MEAS 1-14 PART A,,,,,,,,,,,,;

15 bk L relaxing L knee & extending R leg,-, hold,-;