

## Forever And A Day

56 count, 2 wall, intermediate level

Choreographer: William Sevone (Sept 2007)

Choreographed to: I Will Always Love You by Dolly Parton,  
Album: The Best Of/Greatest Hits original RCA recordings (68 bpm)

Choreographers note:- The full turn sweeps may present a problem for some dancers - see foot of script. I have used the original RCA recording – to me, there IS a big difference. Dances to songs such as this, use of arms and hands can add to the serenity of a particular movement  
Dance start's on the word 'I' as in 'If I should stay...' feet together, weight on left.

### **SIDE HIP SWAYS. BEHIND. 1/4 RIGHT FWD. CROSS. 2 X BWD (3:00)**

- 1-4 Stepping right to right: hip sway to right. Hip sway to left. Hip sway to right. Step left behind right.  
5-6 Turn 1/4 right & step forward onto right. Cross left over right.  
7-8 Step backward onto right. Step backward onto left.

### **1/2 RIGHT FWD. FWD. CROSS. 2X BWD. 3/4 LEFT. 3X DIAGONAL HIP SWAY (12:00)**

- 9-10 Turn right ½ right & step forward onto right (9). Step forward onto left.  
11-12 Cross right over left. Step backward onto left.  
13-14 Step backward onto right. Turn ¾ left & step left diagonal left: with hip sway (left arm sweep to left)  
15 Step right diagonal right: with hip sway (right arm sweep to right)  
16 Step left diagonal left: with hip sway (left arm sweep to left)

Dance note: Diagonal step movements are short and similar to a shallow lunge

### **2X DIAGONAL HIP SWAY. 2X SIDE HIP SWAY. RECOVER. 1/2 LEFT. 3X DIAGONAL HIP SWAY (6:00)**

- 17 Step right diagonal right: with hip sway (right arm sweep to right)  
18 Step left diagonal left: with hip sway (left arm sweep to left)  
19-20 Stepping right to right: Hip sway to right. Hip sway to left.  
21-22 Recover weight to right. Turn ½ left & step left diagonal left: with hip sway (left arm sweep to left)  
23 Step right diagonal right: with hip sway (right arm sweep to right)  
24 Step left diagonal left: with hip sway (left arm sweep to left)

Dance note: Diagonal step movements are short and similar to a shallow lunge

### **BRIDAL WEDDING MARCH (6:00)**

- 25-30 Walk forward: Right. Left. Right. Left. Right. Left.  
31-32 Walk backward: Right. Left.

Style note: Scene - a Bride walking along the aisle - with slight 'fall & rise' action within each count

### **1/2 RIGHT FWD. FWD. 2X FWD FULL TURN-FWD. ROCK. RECOVER (12:00)**

- 33-34 Turn ½ right & step forward onto right. Step forward onto left.  
35-36 Forward full right & step forward onto right. Step forward onto left.  
37-38 Forward full right & step forward onto right. Step forward onto left.  
39-40 Rock forward onto right. Rock onto left.

### **2X 1/2 RIGHT SIDE. FULL TURN SWEEP OR OPTION. SIDE. CROSS. SIDE. 2X HIP SWAY (12:00)**

- 41-42 Turn ½ right & step right to right (6). Turn ½ right & step left to left (12).  
43-44 Bending knees slightly - Sweep FULL turn right. Step right to right.  
OPTION: Counts 43-44&: Turn ½ right & step right to right (6). Turn ½ right & step left to left (12). Weight onto right.  
45-46 Cross left over right. Step right to right.  
47-48 Stepping left to left: sway hips to left. Sway hips to right.

### **2X 1/2 LEFT SIDE. FULL TURN SWEEP OR OPTION. SIDE. CROSS. SIDE. 2X HIP SWAY. 1/2 RIGHT (6:00)**

- 49-50 Turn ½ left & step left to left (6). Turn ½ left & step right to right (12).  
51-52 Bending knees slightly - Sweep FULL turn left. Step left to left.  
OPTION: Counts 51-52&: Turn ½ left & step left to left (6). Turn ½ left & step right to right (12). Weight onto left.  
53-54 Cross right over left. Step left to left.  
55-56 Stepping right to right: sway hips to right. (weight onto left) Sway hips to left.  
& Turn ½ right (right foot ready to step to side – Count 1)

Note: Full turn sweeps: Use the OPTION or half way around touch foot to floor, then quickly 'push off' to continue move.

DANCE FINISH: Count 56 (do NOT include '&' turn) of the 3rd wall –continue hip sways to end of music

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