

Back Forever

32 count, 4 wall, beginner/intermediate level
Choreographer: Chris Cleevely (UK) Jan 2007
Choreographed to: Now & Forever (You & Me) by
Anne Murray (95 bpm), Album: The Best So Far

Start on vocals

Cross Rock, Steps (x 4)

- 1 & 2 Cross rock right over left, recover weight on left (stepping back slightly),
step forward on right
3 & 4 Cross rock left over right, recover weight on right, (stepping back slightly),
step forward on left
5 & 6 Repeat steps 1 & 2
7 & 8 Repeat steps 3 & 4

Mambo ½ Turn Right; Full Turn Forward (or left forward shuffle); Prissy Steps; Forward Coaster Step

- 9 & 10 Rock forward on right, recover weight on left, step ½ turn right
11 & 12 Make a full turn forward over right shoulder stepping left/right/left
13 - 14 Twist right over left, twist left over right
15 & 16 Step forward on right, step left by right, step back on right

Sailor ¼ Turn Left; Rock Forward, Recover, Step Back; Rock Back, Recover, Step Forward; Forward Right Lock Step

- 17 & 18 Cross left behind right, making ¼ turn left step right to right side & left to left side
19 & 20 Rock forward on right, recover weight on left, step back on right
21 & 22 Rock back on left, recover weight on right, step forward on left
23 & 24 Step forward on right, lock left behind right, step forward on right

¼ Turn Right, Step Left, Touch Right; Right Chasse ¼ Turn Right; Right ¼ Turn, Left Chasse ¼ Turn Left; Ball Step, Touch Right

- 25 - 26 Making ¼ turn right, step left to left side, touch right toe by left
27 & 28 Step right to right side, step left next to right, step ¼ turn right
29 & 30 Making ¼ turn right, step left to left side, step right by left, step ¼ turn left
& 31 - 32 Take weight onto ball of right foot, step forward on left, touch right toe by left

One Restart

On wall 7 (when instrumental begins) dance up to and including count 26, then step ¼ turn right – weight on right (count 27), step forward on left (count 28) and restart the dance.
