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You And I Forever

32 Count, 4 Wall, Improver

Choreographer: David Sinfield (May 2012)

Choreographed to: Lifted by The Lighthouse Family (110bpm)

SIDE, BACK ROCK, STEP, SAILOR ½ TURN RIGHT, STEP, ROCKING CHAIR

- 1-2& Step right to right, rock back on left, replace weight on to right
3 Step left beside right
4&5 Cross right behind left, step left into ½ turn right, step right to right
6 Step left beside right
7&8& Rock forward right replace weight onto left, rock back right, replace weight onto left

SIDE ROCK, CROSS SHUFFLE, ROCK ¼ TURN RIGHT, LEFT SHUFFLE

- 1-2 Rock right to right, replace weight onto left
3&4 Cross right over left, step left to left, cross right over left
5-6 Rock left to left, on the ball of right turn ¼ right
7&8 Step left forward, step right beside left, step left forward

ROCK FORWARD, SHUFFLE ½ TURN RIGHT, STEP PIVOT, SHUFFLE FORWARD

- 1-2 Rock right forward, replace weight onto left
3&4 Shuffle ½ right stepping right-left-right
5-6 Step left forward, pivot ½ turn right
7&8 Step left forward, step right beside left, step left forward

Restart dance here during 2nd and 6th wall

SIDE ROCK, BEHIND SIDE ¼ TURN LEFT, STEP TURN, CROSS SHUFFLE

- 1-2 Rock right to right, replace weight onto left
3&4 Cross right behind left, step left to left, step right into a ¼ turn left
5-6 Step left forward, pivot ¼ turn right,
7&8 Cross left over right, step right to right, cross left over right

Tag at end of 4th and 8th wall

SIDE, TOUCH, SIDE, TOUCH

- 1-2 Step right to right, touch left beside right(with finger clicks)
3-4 Step left to left, touch right beside left(with finger clicks)

Music download available from iTunes

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