

Only Forever

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Music: Only Forever by Dean Martin from Pretty Baby Album on Track 2

Download: From various download sites (Time: 2.06)

Rhythm: Foxtrot Phase: IV+2 (Double Reverse & Outside Spin) Release: April 2012

Speed: Increase 10% or 49 RPM Sequence: Intro, A, B, A¹⁻⁸, B⁹⁻¹⁶, End

Intro

1 Wait 1 Measure in CP DLC

Part A

1-4 (Full) Reverse Turn;; Hover Telemark, Open Natural;

1-2 SQQ [**Full Reverse Turn**] Fwd L start LF turn, -, sd R continue turn, bk L to fc DRC CP; Bk R inue SQQ continue turn LF turn, -, sd & fwd L DLW, fwd R to CBMP; (*Bk R start LF turn, -, close L to R [heel turn] continue turn, fwd R to CP; Fwd L continue LF turn, -, sd R DLW, bk L to CBMP;*)

3 SQQ [**Hover Telemark**] Fwd L, -, diagonal sd & fwd R with hovering action turning body ¼ RF, fwd L to SCP DLW; (*Bk R, -, diagonal sd & bk L with hovering action turning body ¼ RF, fwd R to SCP DLW;*)

4 SQQ [**Open Natural**] Commence RF upper body turn fwd R heel to toe, -, sd L across line of dance, continue slight RF upper body turn to lead partner to step outside bk R to CBMP; (*Fwd L, -, sd R across line of dance, fwd L outside partner to end in CBMP;*)

5-8 Outside Spin; Back & Chasse Bjo; Maneuver,-, Side Close; Hesitation Change;

5 SQQ [**Outside Spin**] In CBMP lead woman outside ptr commence RF turn toeing in with R sd lead bk L small step ³/₈ turn RF, -, fwd R heel to toe continue RF turn, sd & bk L to end in CP fc Rev; (*Commence RF turn with L sd lead stay well into M's R arm R foot fwd in CBMP outside ptr heel toe, -, close L to R pivot on toes of both feet, fwd R between M's feet to CP;*)

6 SQ&Q [**Back & Chasse Bjo**] Bk L turning LF to fc ptr/wall, -, sd R/close L, sd R ending in Bjo DLW; (*Fwd R turning LF to fc ptr, -, sd L/close R, sd L to CBMP;*)

7 SQQ [**Maneuver, -, Side Close**] Commence RF turn fwd R, -, continue RF turn to fc ptr sd L, continue turn to fc Rev close R to L to CP Rev; (*Small Fwd L, -, sd R, close L to R to CP;*)

8 SS [**Hesitation Change**] Start RF body turn L, -, sd R continue RF turn, draw R to L end in CP DLC; (*Start RF upper body turn fwd R, -, sd L continue RF turn, draw R to L;*)

9-12 Reverse Turn ½; Hover Corte; Back & Chasse to Scar; Fwd Check, Lady Develope;

- 9 SQQ [**Reverse Turn Half**] Fwd L turning LF, -, continue LF turn sd R, bk L to CP DRC; (*Bk R turn LF, -, close L to R {heel turn} continue LF turn, fwd R to CP;*)
- 10 SQQ [**Hover Corte**] Bk R starting LF turn ¼, -, sd & fwd L with hovering action turn ¼ LF, rec bk R to CBMP fc LOD; (*Fwd L turn LF ¼, -, sd & fwd R with hovering action turn ¼, rec L to CBMP;*)
- 11 SQ&Q [**Back & Chasse Scar**] Bk L turning RF to fc ptr, -, sd R/close L, sd R ending Scar DRW; (*Fwd R turning RF to fc ptr, -, sd L/close R, sd L to Scar,*)
- 12 S-- [**Fwd Check-Lady Develope**] Fwd L checking motion, -, hold, -; (*Bk R, -, bring L foot up to knee, SQQ extend L foot fwd;*)

13-16 Back & Chasse Bjo; Fwd Check - Lady Develope; Slow Outside Swivel, P/U; Double Reverse DLW;

- 13 SQ&Q [**Back & Chasse Bjo**] Bk R turning LF to fc ptr/wall, -, sd L/close R, sd L ending CBMP DLW; (*Fwd L turning LF to fc ptr, -, sd R/close L, sd R to CBMP;*)
- 14 S-- [**Fwd Check-Lady Develope**] Fwd R checking motion,-, hold, -; (*Bk L, -, bring R foot up to SQQ knee, extend L foot fwd, -;*)
- 15 SS [**Slow Outside Swivel, P/U**] Bk L/XRIF of L with no weight, -, fwd R, -; (*Fwd R swiveling RF to Semi, -, fwd L turning LF in front of man to CP;*)
- 16 SQ- [**Double Reverse (DLW)**] Fwd L commence LF turn, -, sd R turning LF, spin LF on ball of R SQ&Q bringing L under body beside R to fc DLW; (*Bk R commence to turn LF, -, close L to R [heel turn] turn ½ /sd & slightly bk R continue LF turn, XLIF of R to CP;*)

Part B**1-4 Whisk; Wing; Closed Telemark; Open Natural;**

- 1 SQQ [**Whisk**] Fwd L blending to CP, -, fwd & sd R rising on ball of foot, XLIB of R to tight SCP DLC; (*Bk R blending to CP, -, bk & sd L rising on ball of foot, XRIB of L to SCP DLC;*)
- 2 SQQ [**Wing**] Fwd R, -, draw L to R, tch L to R turning upper part of body LF with L sd stretch end fc DLC; (*Fwd L begin to XIF of Man turning slightly LF, -, fwd R around Man continue LF turn, fwd L around Man to end in tight Scar;*)
- 3 SQQ [**Closed Telemark**] Fwd L commencing turn LF, -, fwd & sd R around ptr close to her feet turning LF, fwd & sd L to end in tight Bjo; (*Bk R commencing LF bring L beside R with no weight, -, turn LF on R heel {heel turn} changing weight to L, bk & sd R to Bjo;*)
- 4 SQQ [**Open Natural**] Commence RF upper body turn fwd R heel to toe, -, sd L across line of dance, continue slight RF upper body turn to lead partner to step outside bk R to CBMP; (*Fwd L, -, sd R to CP, fwd L outside man to CBMP;*)

5-8 Impetus to Semi; Chasse to Semi; Prom Weave;

- 5 SQQ [**Impetus to Semi**] Bk L turning RF, -, close R {heel turn} continue RF turn, fwd L to SCP DLC; (*Commence RF upper body turn fwd R between man's feet pivoting 1/2 RF, -, sd & fwd L continue RF turn around man brush R to L, fwd R;*)
- 6 SQ&Q [**Chasse to Semi**] Fwd R, -, side L/close R, sd L; (*Fwd L, -, side R/close L, side R;*)
- 7-8 SQQ [**Promenade Weave**] Fwd R, -, fwd L commence LF turn, sd & slightly bk on R to Bjo fc QQQQ DRW; Bk L twd DLC, bk R blending to CP fc DRW, sd & slightly fwd L DLW, fwd R outside ptr to CBMP DLW; (*Fwd L, -, Sd & slightly bk R commence LF turn to CBMP Fc DRW, continue turn on R foot until fc LOD then fwd L; Fwd R in CBMP, fwd L to CP, turning LF sd & slightly bk R, bk L to CBMP DLW;*)

9-12 Hover Telemark; 1/2 Natural; Spin Turn; Feather Finish;

- 9 SQQ [**Hover Telemark**] Fwd L, -, diagonal sd & fwd R with hovering action turning body 1/4 RF, fwd L to SCP DLW; (*Bk R, -, diagonal sd & bk L with hovering action turning body 1/4 RF, fwd R to SCP DLW;*)
- 10 SQQ [**Half Natural**] Commence RF upper body turn fwd R, -, sd L across line of dance, bk R end in CP RLOD; (*Fwd L, -, sd & fwd R, fwd L into man;*)
- 11 SQQ [**Spin Turn**] Turning RF bk L pivoting 1/2 RF, -, fwd R between ptr feet continue turn leaving L leg extended bk & sd, complete turn recover sd & bk L to fc DLW; (*Turning RF fwd R between man's feet pivoting 1/2, -, bk L toe continue RF turn brush R to L, sd & fwd R to CP;*)
- 12 SQQ [**Feather Finish**] Bk R turn LF, -, sd & fwd L, fwd R outside partner CBMP DLW with checking motion with weight on ball of R foot spin LF keeping L leg extended bk; (*Fwd L turn LF, -, sd & bk R, bk L spinning LF keeping R leg extended fwd;*)

13-16 to a Top Spin; Slow Walk & Face; Whisk; Slow Side Lock;

- 13 QQQQ[**Top Spin**] Bk L in CBMP, bk R turning LF, with L sd stretch sd & slightly fwd L, with L sd stretch fwd R in CBMP outside ptr DLW; (*Fwd R in CBMP outside ptr, fwd L, with R sd stretch sd & slightly bk R, with R sd stretch bk L in CBMP;*)
- 14 SS[**Walk & Face**] Fwd L, -, fwd R turning to fc DLW, -; (*Bk R, -, Bk L turning to fc Ctr,-;*)
- 15 SQQ [**Whisk**] Fwd L blending to CP, -, fwd & sd R rising on ball of foot, XLIB of R to tight SCP DLC; (*Bk R blending to CP, -, bk & sd L rising on ball of foot, XRIB of L to SCP DLC;*)
- 16 SQQ [**Slow Side Lock**] Thru R, -, sd & fwd L to CP, XRIB of L turn slightly LF CP DLC; (*Thru L starting LF turn, -, sd & bk R continuing LF turn to CP, XLIF of R;*)

Repeat Part A¹⁻⁸**1-8 (Full) Reverse Turn;; Hover Telemark, Open Natural; Outside Spin; Back & Chasse Bjo; Maneuver,-, Side Close; Big Hesitation Change (DLW);**

- 1-7 Repeat Part A Measures 1 thru 7
- 8 SS[**Big Hesitation Change**] Start RF body turn L, -, sd R continue RF turn to fc DLW, draw R to L; (*Start RF upper body turn fwd R, -, sd L continue RF turn, draw R to L;*)

Repeat Part B⁹⁻¹⁶

9-16 Hover Telemark; ½ Natural; Spin Turn; Feather Finish; Top Spin; Slow Walk & Face; Whisk; Slow Side Lock;

9-16 Repeat Part B Measures 9 thru 16

End

1-2 Double Reverse (DLW); Fwd to Right Lunge and Extend;

1 SQ- [**Double Reverse (DLW)**] Fwd L commence LF turn, -, sd R turning LF, spin LF on ball of R *SQ&Q* bringing L under body beside R to fc DLW; (*Bk R commence to turn LF, -, close L to R [heel turn] turn ½ /sd & slightly bk R continue LF turn, XLIF of R to CP;*)

2 SS [**Fwd, Right Lunge**] Slow fwd L, -, flex L knee sd & slightly fwd onto R keeping L sd twd ptr as weight is taken on R flex R knee making slight LF body turn looking at ptr, lean slightly bk from waist allowing lady to extend her top line; (*Slow bk R, -, flex R knee sd & slightly bk on L keeping R sd in toward ptr & as weight is taken on L flex L knee & make slight LF body turn extending top part of body back – head well to left;*)