

Forever and Ever, Amen

Music by Randy Travis

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Tempo: Moderate (90 bpm)

Level: Beginner

Choreographer: Karen Tripp, (250) 426-8926, web: www.trippcentral.ca/dance

Wait: 8 counts

Sequence: A B Bridge A B End

PART A (64 beats)

- (8) 1 Hit Step Vine DS H(f) S DS H(f) S DS H(f) S H(f) S H(f) S
 L R R L R R L R R L L R R
 &1 & 2 &3 & 4 &5 & 6 & 7 & 8
- (4) Pushoff Left
- (4) Triple ½ right
- (16) *Repeat above 3 steps to face front*
- (8) Cowboy
- (8) 2 Rocking Chairs ¼ L on ea
- (16) *Repeat Cowboy & 2 Rocking Chairs to face front*

PART B (64 beats)

- (8) 1 Swayback DS DS(xif) H DT(ots) H ToeHl(bk) R(bk) S DS DS RS
 L R L R L R L R L R L R LR
 &1 & 2 & 3 &4 & 5 &6 &7 &8
- (8) 2 Triples
- (8) 1 Cowboy ½ L
- (8) 2 Triples
- (32) *Repeat above 4 steps to face front*

BRIDGE (16 beats)

- (16) Clogover Vine Left & Right

Repeat Part A (1 Hit Step Vine, Pushoff Left, Triple ½ R, Hit Step Vine, Pushoff Left, Triple ½ R, Cowboy no turn, 2 Rocking Chairs ¼ L on ea, Cowboy no turn, 2 Rocking Chairs ¼ L on ea)

Repeat Part B (1 Swayback, 2 Triples, 1 Cowboy ½ L, 2 Triples, 1 Swayback, 2 Triples, 1 Cowboy ½ L, 2 Triples)

ENDING (24 beats)

- (8) Cowboy (no turn)
- (12) 3 Triples
- (4) Cross R over L and slowly unwind

Abbreviations Used

bk – Back | DS – Double Toe Step | f – Front | H – Heel | L – Left

R – Right | RS – Rock-Step | S – Step | ToeHl – Toe-Heel | xib – Cross in Back