



# FOREVER & ONE DAY

Choreographed by John Robinson  
48 Count, 4 Wall, Intermediate level line dance  
Music: Forever & One Day by Mr. President.

Contact Information: Email: [mrshowcase@gmail.com](mailto:mrshowcase@gmail.com)



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**SEQUENCE: Begin 16 counts in with vocals. The 3rd & 7th repetitions are short walls – only do the first 32 counts\* then start over (you'll be facing 12:00 the first time and 3:00 the second time)**

**FACING 1:30, WALK FORWARD R-L, R MAMBO FORWARD, WALK BACK L-R, L COASTER STEP**

- 1 - 2 Walk, walk Facing 1:30, R step forward (1), L step forward (2)
- 3 & 4 Mambo step R rock ball of foot forward (3), L recover (&), R step next to L (4)
- 5 - 6 Back, back L step back (5), R step back (6)
- 7 & 8 Coaster step L step ball of foot back (7), R step ball of foot next to L (&), L step forward (8)

**1/2 PIVOT LEFT, R TRIPLE FORWARD, FULL TURN, L TRIPLE FORWARD**

- 1 - 2 Pivot half R step ball of foot forward (1), Pivot 1/2 left (7:30) (2)
- 3 & 4 Triple step Facing 7:30, R step forward (3), L step ball of foot next to R (&), R step forward (4)
- 5 - 6 Half, half Pivot 1/2 right (1:30) stepping L back (5), pivot 1/2 right (7:30) stepping R forward (6)
- 7 & 8 Triple step L step forward (7), R step ball of foot next to L (&), L step forward (8)

**SWAY HIPS R-L-R-L, R SAILOR STEP, L SAILOR STEP TURNING 1/8 LEFT,**

*Styling: Emphasize the sways by shifting weight completely over the appropriate foot and swaying arms from side to side with palms down at waist level*

- 1 - 2 Sway right, left R step side right swaying hips right (1), Sway hips left (2)
- 3 - 4 Right, left Sway hips right (3), Sway hips left (4)
- 5 & 6 Sailor step R step ball of foot behind L (5), L step ball of foot side left (&), R step forward (6)
- 7 & 8 Sailor turn L step ball of foot behind R (7), R step ball of foot side right turning 1/8 left (6:00) (&), L step forward (8)

**WALK FORWARD R-L, & R SIDE ROCK, CROSS, WALK L-R TRAVELING LEFT, & L SIDE ROCK, CROSS**

- 1 - 2 Walk, walk R step forward (1), L step forward (2)
- & 3 - 4 Quick rock, cross R rock ball of foot side right (&), L recover (3), R step across L angling body diagonally left (toward 4:30) (4)
- 5 - 6 Walk, walk L step side left (5), R step across L (6)
- & 7 - 8 Quick rock, cross L rock ball of foot side left (&), R recover squaring up to back wall (6:00) (7), L step across R (8)

*NOTE: [\*Restart here during 3rd and 7th repetitions]*

**R STEP BACK TURNING 1/4 LEFT, L STEP FORWARD TURNING 1/2 LEFT, TRIPLE TURNING 1/2 LEFT, L ROCK FORWARD, RECOVER, L COASTER STEP**

- 1 - 2 Quarter, half Turn 1/4 left (3:00) stepping R back (1), Turn 1/2 left (9:00) stepping L forward (2)
- 3 & 4 Triple half Turn 1/2 left (3:00) while executing a triple, stepping right (3), left, (&), right (4)
- 5 - 6 Rock, recover L rock ball of foot forward (5), R recover (6)
- 7 & 8 Coaster step L step ball of foot back (7), R step ball of foot next to L (&), L step forward (8)

**R KICK-BALL-CHANGE TWICE TRAVELING FORWARD, SYNCOPATED SIDE TOUCHES R&L&R, & R KNEE POP**

- 1 & 2 Kick-ball-step R kick forward (1), R step ball of foot next to L (&), L step slightly forward (2)
- 3 & 4 Kick-ball-step R kick forward (1), R step ball of foot next to L (&), L step slightly forward (4)
- 5 & 6 & Point & point & R toe touch side right (5), R step home (&), L toe touch side left (6), L step home (&)
- 7 & 8 Point, knee pop R toe touch side right (7), angling body diagonally right (toward 4:30), R knee pop forward (raise heel) (&), R knee straighten (lower heel but not completely to floor, thereby keeping weight on L) (8)

**Start Again**

(Originally taught by Elysium Dance Designs December 2011)

