

Forever in My Heart

Count: 32

Wall: 2

Level: Intermediate

Choreographer: mBah Wir (INA) - September 2026

Music: Forever in My Heart - Rase! Hits



Intro: 32 count

S1: FORWARD, CROSS OVER, ¼ LEFT BACK, BACK, RIGHT BACK COASTER STEP, PRISSY WALK, FORWARD ROCK, RECOVER

- 12& Step R forward while sweeping L from back to front (1), Cross L over R (2), Make ¼ turn left
Step R back (facing 9.00) (&)
- 34& Step L back (3), Step R back (4), Step L beside R (&)
- 5678& Step R forward (5), Step L forward crossing over R (6), Step R forward crossing over L (7),
Rock L forward (8), Recover on R (&)

S2: BASIC NIGHT CLUB LEFT, ¼ RIGHT FORWARD, FORWARD, ½ LEFT BACK, SIDE, EXTENDED WEAVE

- 1-2& Big step L to side (1), Slightly back on R (2), Cross L over R (&),
- 3-4& Make ¼ turn right step R forward (facing 12.00) (3), Step L forward (4), Make ½ turn left step
R back (facing 06.00) (&)
- 5-6& Step L to side (5), Cross R over L (6), Step L to side (&)
- 7&8& Cross R behind L (7), Step L to side (&), Cross R over L (8), Step L to side (&)

*** Restart here during Wall #6 after adding 2 counts Tag**

S3: BACK, CROSS BEHIND, SIDE, FORWARD, CROSS OVER, SIDE, BACK, BACK, BACK, BACK, SIDE

- 1-2& Step R back while sweeping L back (1), Cross L behind R (2), Make ¼ turn right step R
forward (facing 09.00) (&)
- 3-4& Step L forward while sweeping R forward (3), Cross R over L (4), Step L to side (&)
- 5-6& Step R back while sweeping L back (5), Step L back while sweeping R back (6), Step R back
(7)
- 8& Step L back (8), Step R to side (&)

S4: FORWARD, PRISSY WALK, ¼ LEFT BACK, SIDE, CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER, SIDE

- 123 Step L forward (1), Step R forward crossing over L (2), Step L forward crossing over R (3)
- 4& Make ¼ turn left step R back (facing 06.00) (4), Step L to side (&)

*** Restart here during Wall #5**

- 5 Cross rock R over L (5)
- 6&7 Recover on L (6), Step R to side (&), Cross rock L over R (7)
- 8& Recover on R (8), Step L to side (&)

Enjoy the dance

Tag (2 count) at the end of Wall #1 & Wall #3

- 1-2 Sway R (1), Sway L (2)

Restart during Wall #5 after 28 counts. Start dance facing 6 o'clock

Restart during Wall #6 after 16 counts & adding 2 counts Tag. Dance facing 12 o'clock

For further questions about this dance please contact me at: jfdc2009@gmail.com .or.
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