

## Ab To Forever (Now To Forever)

128 Count 1 Wall Phrased Intermediate Level Dance.  
Choreographed by: Jennifer Choo Sue Chin (MY) & Adeline Cheng (MY) May 2022  
Choreographed to: Ab To Forever (Now To Forever)  
by Shreya Ghoshal & Vishal Dadiani  
Intro: 32 Counts. Start at approx 17 secs.

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**Sequence:** A, B, Tag 1, B, Tag 2, A, B, Tag 3, B, Ending

**Part A** (48 counts)

**SEC 1 TOE STRUT, CROSS STRUT, TOE STRUT, CROSS STRUT END**

1-2 Tap R toe to R, Step R heel down

3-4 Tap L toe across RF, Step L heel down

**Styling** Shrug shoulders simultaneously up and down 4x for counts &1-&2-&3-&4 while doing Toe Struts

5-6 Tap R toe to R, Step R heel down

7-8 Tap L toe across RF, Step L heel down

**SEC 2 R MAMBO, L MAMBO, R HIP BUMPS 4X**

1&2 Rock RF to R (lean upper body to R), Recover on LF, Close RF next to LF

3&4 Rock LF to L (lean upper body to L), Recover on RF, Touch LF next to RF

5-8 Bump hips to R 4x

**Styling** Both arms fwd bent at elbow and twisting wrists from up to down along with hips movement

**SEC 3 TOE STRUT, CROSS STRUT, TOE STRUT, CROSS STRUT**

1-2 Tap L toe to L, Step L heel down

3-4 Tap R toe across LF, Step R heel down

**Styling** Shrug shoulders simultaneously up and down 4x for counts &1-&2-&3-&4 while doing Toe Struts

5-6 Tap L toe to L, Step L heel down

7-8 Tap R toe across LF, Step R heel down

**SEC 4 L MAMBO, R MAMBO, L HIP BUMPS 4X**

1&2 Rock LF to L (lean upper body to L), Recover on RF, Close LF next to RF

3&4 Rock RF to R (lean upper body to R), Recover on LF, Touch RF in front of LF

5-8 Bump hips to L 4x

**Styling** Both arms fwd bent at elbow and twisting wrists from up to down along with hips movement

**SEC 5 HALF PADDLE TURN WITH SEXY HIPS**

1-2 Step RF fwd, 1/8L rolling hips CCW (10:30)

3-4 Step RF fwd, 1/8L rolling hips CCW (9:00)

5-6 Step RF fwd, 1/8L rolling hips CCW (7:30)

7-8 Step RF fwd, 1/8L rolling hips CCW (6:00)

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### SEC 6 HALF PADDLE TURN WITH SEXY HIPS

- 1-2 Step RF fwd, 1/8L rolling hips CCW (4:30)
- 3-4 Step RF fwd, 1/8L rolling hips CCW (3:00)
- 5-6 Step RF fwd, 1/8L rolling hips CCW (1:30)
- 7-8 Step RF fwd, 1/8L rolling hips CCW (12:00)

**Part B** (80 counts)

### SEC 1 R HIP BUMP & STEP, 1/2 L HIP BUMP & STEP, R HIP BUMP & STEP, 1/2 L HIP BUMP & STEP END

- 1-2 Touch RF fwd and bump R hip, Step down on RF
- 3-4 1/2L Touch LF fwd and bump L hip, Step down on LF (6:00)
- 5-6 Touch RF fwd and bump R hip, Step down on RF
- 7-8 1/2L Touch LF fwd and bump L hip, Step down on LF (12:00)

### SEC 2 BHANGRA STEP-HITCH TOUCHES

- &1 Hitch R knee, Point RF across LF
- &2 Hitch R knee, Step RF to R
- &3 Hitch L knee, Point LF across RF
- &4 Hitch L knee, Step LF to L
- &5 Hitch R knee, Point RF across LF
- &6 Hitch R knee, Step RF to R
- &7 Hitch L knee, Step LF to L

**Styling** Lift both arms up on counts and pull elbows down slightly for the numerical counts, Also add a bounce to the weighted foot when you do the hitches,

### SEC 3 CROSS SIDE CLOSE 4X (TRAVELLING FWD SLIGHTLY)

- 8&1 Cross RF over LF, Step LF to L diag fwd, Close RF next to LF (push hips back)
- 2&3 Cross LF over RF, Step RF to R diag fwd, Close LF next to RF (push hips back)
- 4&5 Cross RF over LF, Step LF to L diag fwd, Close RF next to LF (push hips back)
- &7 Cross LF over RF, Step RF to R diag fwd, Close LF next to RF (push hips back)

### SEC 4 CROSS BACK SIDE 2X (TRAVELLING BWD SLIGHTLY), JAZZ BOX

- 8&1 Cross RF over LF, Step LF diag L back, Step RF to R
- 2&3 Cross LF over RF, Step RF diag R back, Step LF to L
- 4-5 Cross RF over LF, Step LF diag L back
- 6-7 Step RF to R, Cross LF over RF

### SEC 5 R CHASSE, HIP SWINGS 3X, L CHASSE, HIP SWINGS 3X

- 8&1 Step RF to R, Close LF next to R, Step RF to R and swing hips to R
- 2-3 Swing hips to L, Swing hips to R
- 4&5 Step LF to L, Close RF next to L, Step LF to L and swing hips to L
- 6-7 Swing hips to R, Swing hips to L

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### SEC 6 R CHASSE & HIP SWINGS 3X, ½L POINT 4X

- 8&1 Step RF to R, Step LF next to RF, Step RF to R and swing hips to R
- 2-4 Swing hips to L, Swing hips to R, Sway hips to L and prep body for turns
- 5-6 ½L Point RF to R, ½L Point RF to R (6:00)
- 7-8 ½L Point RF to R, ½L Point RF to R (12:00)
- Option do 4x ¼l turns instead

### SEC 7 BRING IT ON "R", POINT UP R DIAG, ARM SWINGS WITH CHEST

- 1 Rock RF fwd and lean body fwd with both arms rolling backwards gesturing people to "bring it on"
- 2-4 Gradually straightening up and shifting weight to LF with arms still gesturing for people to "bring it on"
- 5-6 Close RF next to LF lean body to L slightly and point R arm up to diag R, Hold
- 7 Lift L arm and swing both arms backwards leaning slightly to the right and opening chest
- 8 Lift R arm and swing both arms backwards leaning slightly to the left and opening chest

### SEC 8 BRING IT ON "L" (MIRROR OF B7)

- 1 Rock LF fwd and lean body fwd with both arms rolling backwards gesturing people to "bring it on"
- 2-4 Gradually straightening up and shifting weight to RF with arms still gesturing for people to "bring it on"
- 5-6 Close LF next to RF lean body to R and point L arm up to diag L, Hold
- 7 Lift R arm and swing both arms backwards leaning slightly to the left and opening chest
- 8 Lift L arm and swing both arms backwards leaning slightly to the right and opening chest

### SEC 7 BRING IT ON "R", POINT UP R DIAG, ARM SWINGS WITH CHEST

- 1 Rock RF fwd and lean body fwd with both arms rolling backwards gesturing people to "bring it on"
- 2-4 Gradually straightening up and shifting weight to LF with arms still gesturing for people to "bring it on"
- 5-6 Close RF next to LF lean body to L slightly and point R arm up to diag R, Hold
- 7 Lift L arm and swing both arms backwards leaning slightly to the right and opening chest
- 8 Lift R arm and swing both arms backwards leaning slightly to the left and opening chest

### SEC 8 BRING IT ON "L" (MIRROR OF B7)

- 1 Rock LF fwd and lean body fwd with both arms rolling backwards gesturing people to "bring it on"
- 2-4 Gradually straightening up and shifting weight to RF with arms still gesturing for people to "bring it on"
- 5-6 Close LF next to RF lean body to R and point L arm up to diag L, Hold
- 7 Lift R arm and swing both arms backwards leaning slightly to the left and opening chest
- 8 Lift L arm and swing both arms backwards leaning slightly to the right and opening chest

### Tag 2 FULL PADDLE TURNS WITH SEXY HIPS, 1 K-STEP, 1 FULL PADDLE TURN, 2 K-STEPS

#### SEC 1 HALF PADDLE TURN WITH SEXY HIPS

- 1-2 Step RF fwd, ½L rolling hips CCW (10:30)
- 3-4 Step RF fwd, ½L rolling hips CCW (9:00)
- 5-6 Step RF fwd, ½L rolling hips CCW (7:30)
- 7-8 Step RF fwd, ½L rolling hips CCW (6:00)

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### SEC 2 HALF PADDLE TURN WITH SEXY HIPS

- 1-2 Step RF fwd, 1/8L rolling hips CCW (4:30)
- 3-4 Step RF fwd, 1/8L rolling hips CCW (3:00)
- 5-6 Step RF fwd, 1/8L rolling hips CCW (1:30)
- 7-8 Step RF fwd, 1/8L rolling hips CCW (12:00)

### SEC 3 SYNCOPATED K-STEP

- &1-2 RF hop to diag R fwd, Touch LF next to RF, Hold (10:30)
- &3-4 LF hop to diag L back, Touch RF next to LF, Hold (12:00)
- &5-6 RF hop to diag R back, Touch LF next to RF, Hold (1:30)
- &7&8 LF hop to diag L fwd, Touch RF next to LF, Raise R hip, Drop R hip (12:00)

### SEC 4 FULL PADDLE TURN WITH SEXY HIPS

- 1-2 Step RF fwd, 1/4 L rolling hips CCW (9:00)
- 3-4 Step RF fwd, 1/4 L rolling hips CCW (6:00)
- 5-6 Step RF fwd, 1/4 L rolling hips CCW (3:00)
- 7-8 Step RF fwd, 1/4 L rolling hips CCW (12:00)

### SEC 5 SYNCOPATED K-STEP

- &1-2 RF hop to diag R fwd, Touch LF next to RF, Hold (10:30)
- &3-4 LF hop to diag L back, Touch RF next to LF, Hold (12:00)
- &5-6 RF hop to diag R back, Touch LF next to RF, Hold (1:30)
- &7&8 LF hop to diag L fwd, Touch RF next to LF, Raise R hip, Drop R hip (12:00)

### SEC 6 SYNCOPATED K-STEP

- &1-2 RF hop to diag R fwd, Touch LF next to RF, Hold (10:30)
- &3-4 LF hop to diag L back, Touch RF next to LF, Hold (12:00)
- &5-6 RF hop to diag R back, Touch LF next to RF, Hold (1:30)
- &7&8 LF hop to diag L fwd, Touch RF next to LF, Raise R hip, Drop R hip (12:00)

### Tag 2

#### SYNCOPATED K-STEP

- &1-2 RF hop to diag R fwd, Touch LF next to RF, Hold (10:30)
- &3-4 LF hop to diag L back, Touch RF next to LF, Hold (12:00)
- &5-6 RF hop to diag R back, Touch LF next to RF, Hold (1:30)
- &7&8 LF hop to diag L fwd, Touch RF next to LF, Raise R hip, Drop R hip (12:00)

### Tag 3 SHIMMY SHOULDERS

- 1-4 Shimmy shoulders over 4 counts 12:00)

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### ENDING

#### SEC 1 HALF PADDLE TURN WITH SEXY HIPS

- 1-2 Step RF fwd, 1/8L rolling hips CCW (10:30)
- 3-4 Step RF fwd, 1/8L rolling hips CCW (9:00)
- 5-6 Step RF fwd, 1/8L rolling hips CCW (7:30)
- 7-8 Step RF fwd, 1/8L rolling hips CCW (6:00)

#### SEC 2 HALF PADDLE TURN WITH SEXY HIPS

- 1-2 Step RF fwd, 1/8L rolling hips CCW (4:30)
- 3-4 Step RF fwd, 1/8L rolling hips CCW (3:00)
- 5-6 Step RF fwd, 1/8L rolling hips CCW (1:30)
- 7-8 Step RF fwd, 1/8L rolling hips CCW (12:00)

#### SEC 3 HALF PADDLE TURN WITH SEXY HIPS

- 1-2 Step LF fwd, 1/8R rolling hips CW (1:30)
- 3-4 Step LF fwd, 1/8R rolling hips CW (3:00)
- 5-6 Step LF fwd, 1/8R rolling hips CW (4:30)
- 7-8 Step LF fwd, 1/8R rolling hips CW (6:00)

#### SEC 4 HALF PADDLE TURN WITH SEXY HIPS

- 1-2 Step LF fwd, 1/8R rolling hips CW (7:30)
- 3-4 Step LF fwd, 1/8R rolling hips CW (9:00)
- 5-6 Step LF fwd, 1/8R rolling hips CW (10:30)
- 7-8 Step LF fwd, 1/8R rolling hips CW (12:00)

**Note** Do any Indian pose at End

