# 4Ever In Our Hearts

www.linedancerweb.com
www.linedancefoundation.com
www.crystalbootawards.com

48 Count 2 Wall Improver Level Dance.
Choreographed by: Michael Lynn (UK) Oct 2026
Choreographed to: Forever In Our Hearts by Hedegaard
Intro: 16 Counts. Start at approx 8 secs.

**Remember to Vote** for your favourite dances in the Linedancer Charts.

**Sequence:** A, A, Tag, B, B, Tag, A, A, Tag, B, B, A, A (16 Counts), B, B, B, B, Tag

**Part A**

| | |
|---|---|
| **SEC 1** | **STEP, SCUFF, STEP, SCUFF, STEP, SCUFF, STEP, SCUFF** |
| 1-2 | Step forward right, scuff left |
| 3-4 | Step forward left, scuff right |
| 5-6 | Step forward right, scuff left |
| 7-8 | Step forward left, scuff right |
| | |
| **SEC 2** | **ROCKING CHAIR, STEP, BOUNCE ½ TURN** |
| 1-2 | Rock forward right, recover left |
| 3-4 | Rock back right, recover left |
| 5 | Step forward right |
| 6-7-8 | ⅛ Turn left bounce heels, ¼ turn left bounce heels, ⅛ turn left bounce heels (6:00) |
| | |
| **Restart** | Here 6th time Part A is danced |
| | |
| **SEC 3** | **FORWARD COLLECT, OUT-OUT, FORWARD COLLECT, OUT-OUT** |
| 1-2 | Step forward right, close left beside right |
| 3-4 | Step right out, step left out |
| 5-6 | Step forward right, close left beside right |
| 7-8 | Step right out, step left out |
| | |
| **SEC 4** | **BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, BACK, TOUCH** |
| 1-2 | Step back right, touch left beside right |
| 3-4 | Step back left, touch right beside left |
| 5-6 | Step back right, touch left beside right |
| 7-8 | Step back left, touch right beside left |



**Remember to Vote for your favourite dances at www.linedancerweb.com**
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**Part B**

| | |
|---|---|
| **SEC 1** | **SIDE ROCK, CROSS SHUFFLE, SIDE, WEAVE, SIDE** |
| 1-2 | Rock right to right side, recover left |
| 3&4 | Cross right over left, step left to left side, cross right over left |
| 5-6& | Step left to left side, cross right behind left, step left to left side |
| 7-8 | Cross right over left, step left to left side |

| | |
|---|---|
| **SEC 2** | **BACK ROCK, SIDE ROCK, ¼ JAZZ BOX** |
| 1-2 | Rock back right, recover left |
| 3-4 | Rock right to right side, recover left |
| 5-6 | Cross right over left, step back left |
| 7-8 | ¼ Turn right stepping right to right side, step forward left (3:00) |

**Tag**

| | |
|---|---|
| | **SIDE, HOLD** |
| 1 | Step right to right side |
| **Arms** | clench your right fist bringing it towards your heart |
| 2-3-4 | Hold for 3 counts |