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# *Forgive and Forget*

Choreographer : Anja Waldmeier & Joshua Talbot

Type of dance : 4 Wall

Level : Intermediate

Counts : 32

Intro : 32 counts, start on the word "FLOWERS"

Music : Late Great Heartbreak – by Old Dominion

## **Section 1: OUT OUT, HOLD, R $\frac{1}{4}$ SAIOLR, $\frac{1}{2}$ PIVOT, $\frac{1}{2}$ TOGETHER, KICK FWD**

- &1, 2 Step R out, step L out, HOLD
- 3&4 Step R behind, step L to L,  $\frac{1}{4}$  R step R fwd
- 5, 6 Step L fwd,  $\frac{1}{2}$  R taking weight R
- 7, 8  $\frac{1}{2}$  R step L together, kick R fwd with R toe pointed fwd

## **Section 2: R LOCK SHUFFLE BACK, ROCK BACK, RECOVER, $\frac{1}{4}$ SIDE, BEHIND, $\frac{1}{4}$ FWD, $\frac{1}{2}$ HOOK/HITCH**

- 1&2 Step R back, cross L over R, step R back
- 3, 4 Rock L back, recover weight R
- 5, 6  $\frac{1}{4}$  R step L to L, step R behind L
- 7, 8  $\frac{1}{4}$  L step L fwd,  $\frac{1}{2}$  L on ball of L foot slightly hitching R knee up/hooking R behind L

## **Section 3: BACK, SWEEP, WEAVE BEHIND, SIDE ROCK, $\frac{1}{4}$ RECOVER, $\frac{1}{2}$ SHUFFLE**

- 1, 2 Step R back, sweep L from front to back
- 3&4 Step L behind R, step R to R, cross L over R
- 5, 6 Rock R to R,  $\frac{1}{4}$  L as you recover weight L
- 7&8  $\frac{1}{4}$  L step R to R, step L together,  $\frac{1}{4}$  L step R back

## **Section 4: L ROCK BACK, RECOVER, FULL FWD, SIDE SHUFFLE, BEHIND, $\frac{1}{4}$ FWD**

- 1, 2 Rock L back, recover weight R
- 3, 4  $\frac{1}{2}$  R step L together,  $\frac{1}{2}$  R step R slightly fwd
- 5&6 Step L to L, step R together, step L to L
- 7, 8 Step R behind L,  $\frac{1}{4}$  L step L fwd

## **START AGAIN**

***Finish: Dance to count 6 in section 2, then step L to L, cross R over L.***

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