

Love You Forever

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Record: CD: Style, Track 2 Artist: Tonic Sol Fa
Availability: MP3 from iTunes, Amazon, Emusic.com & Others CD from Amazon and others
Footwork: Opposite unless noted (Woman's Footwork in parentheses)
Rhythm: Cha Cha Level: RAL Phase III + 1 (Cuban Brk) Difficulty Level - Moderate
Timing: Standard unless noted. Time @ Recorded Speed: 2:23 Adjust for comfort.
Sequence: Intro—A—B--A—C—A(mod)—End Released: Mar 1, 2016

Meas

INTRO

- 1 **TANDEM BOTH FCNG WALL LD NOTES;**
1 Tandem (Varsouvienne Position) Both Fcng Wall lft ft free for both wait lead notes;

PART A

- 1 - - 4 **PARALLEL CHASE;; LF LARIAT (W TRANS);;**
1 - 2 [Parallel Chase] Sd L commencing RF trn ¼ to fc RLOD retaining double hnd hold in varsuv pos, fwd R, fwd L/LRIB, fwd L; Fwd R commencing LF trn ½ to fc LOD in lft varsuv pos, rec fwd L, fwd R/LLIB, fwd R;
3 - 4 [LF Lariat] With RF trn to fc wall rk sd L, rec R, in place L/R, L; Rk sd R, rec L, in place R/L, R (Circle M Counter-Clockwise with joined lft hnds fwd L, fwd R, fwd L/cl R, fwd L; Fwd R, fwd L, fwd R, fwd L to fc ptr) to BFLY;
5 - - 8 **CROSS BODY;; CHASE W/UNDERARM PASS;;**
5 - 6 [Cross Body] Fwd L, rec R trng LF, [ft trnd about ¼ trn body trnd 1/8 trn] sd L/cl R, sd L (Bk R, rec L, fwd R/cl L, fwd R twd M staying on rt sd ending in an L-shaped pos;); Bk R beh L cont LF trn, rec L, sd R/cl L, sd R (fwd L commencing to trn lft, fwd R completing ½ LF trn, sd L/cl R, sd & bk L;); to BFLY/COH;
7 - 8 [Chase w/Underarm Pass] Keeping lead hnds joined fwd L trng 1/2 RF, rec R, fwd L/cl R, fwd L (W bk R, rec L beh & to M's left side, fwd R/cl L, fwd R); Rk bk R, rec L to BFLY WALL, sd R/cl L, sd R (W fwd L, fwd R trng 1/2 LF to BFLY WALL, sd L/cl R, sd L);

PART B

- 1 - - 4 **½ BASIC; FAN; ALEMANA;;**
1 [1/2 Basic] Fwd L, rec bk R, bk & sd L/cl R to L, bk & sd L;
2 [Fan] Bk R, rec L, sd R/cl L, sd R (Fwd L, trng LF step sd & bk R making ¼ trn to lft, bk L/lk R in front, bk L leaving R extended fwd w/no weight;);
3 - 4 [Alemana] Fwd L, rec R, sd L/cl R, sd L leading W to trn RF; bk R, rec L, sd R/cl L, sd R (Cl R, fwd L, fwd R/fwd L, fwd R commence RF swivel to fc ptr; continue RF trn under joined lead hnds fwd L, continue RF trn fwd R, sd L/cl R, sd L;); to BFLY/WALL;
5 - - 8 **NEW YORKER; CRAB WKS;; SPOT TRN W/CUCARACHA END (W TRANS TO TANDEM);**
5 [New Yorker] Swiveling on rt ft commence RF trn & stp thru L with straight leg trng to a sd by sd position, rec R to fc ptr, sd L/cl R, sd L to BFLY;
6 - 7 [Crab Wks] Maintaining BFLY pos XRIF, sd L, XRIF/sd L, XRIF; sd L, XRIF, sd L/cl R, sd L;
8 [Spot Trn Cucaracha End (W Trans to Tandem)] Commence LF trn XRIF trng ½, rec L complete trn to fc ptr, sd R/rec L, cl R (commence RF trn XLIF trng ¼ to fc wall, rec R, cl L, cl R;); Tandem Wall;

REPEAT A

PART C

- 1 - - 4 **NEW YORKER TO BK TRIPLE CHAS;; RK BK, REC, FWD TRIPLE CHAS;;**
1 - 2 [New Yorker to Bk Triple Chas] Swiveling on rt ft commence RF trn & stp thru L with straight leg trng to a sd by sd position, rec R to slightly LF, bk L/cl R, bk L trng RF to slight bk to bk; bk R/cl L, bk R trng slightly LF, bk L/cl R, bk L to OP/RLOD;
3 - 4 [Rk Bk, Rec Fwd Triple Chas] Rk bk R, rec L trng slightly LF fwd R/cl L, fwd R; Trng slightly RF fwd L/cl R, fwd L, trng slightly LF fwd R/cl L, fwd R;

5 - - 8 SPOT TRN W/CUCARACHA END; SD WKS RLOD;; TRAVELING DOOR;

- 5 [Spot Trn Cucaracha End] Commence RF trn XLIF trng ½, rec R complete trn to fc ptr, sd L/rec R, cl L;
 6 - 7 [Sd Wks RLOD] Sd R, cl L, sd R/cl L, sd R; Cl L, sd R, cl L/sd R, cl L;
 8 [Traveling Door] Maintaining BFLY hold rk sd R, rec L, XRIF/sd L, XRIF;

9 - - 12 SD WK LOD; THRU TO AIDA; SWITCH W/CUBAN BRK; START CRAB WKS;;

- 9 [Sd Wk LOD] Sd L, cl R, sd L/cl R, sd L;
 10 [Aida] Thru R tng RF, sd L continuing RF trn, bk R/lk L in front of R, bk R;
 11 [Switch w/Cuban Brk] Trng sharply LF bringing joined ld hnds thru to fc ptr sd L, rec R, XLIF/rec R, sd L;
 12 [Start Crab Wks] Maintaining BFLY pos XRIF, sd L, XRIF/sd L, XRIF;

13 - 16 CRAB WK END; FENCELINE; THRU TO AIDA; SWITCH X;

- 13 [Crab Wk End] Sd L, XRIF, sd L/cl R, sd L;
 14 [Fenceline] In Butterfly cross lunge thru R with bent knee looking in the direction of lunge keeping upper bodies fcng, rec L trng to fc ptr, sd R/cl L, sd R;
 15 [Aida] Thru L tng RF, sd R continuing LF trn, bk L/lk R in front of L, bk L;
 16 [Switch X] Trng sharply RF bringing joined ld hnds thru to fc ptr sd R checking, rec L, XRIF/sd L, XRIF to BFLY;

17 - 20 CRAB WK END; NEW YORKER; FENCELINE; SPOT TRN W/CUCARACHA END (W TRANS TO TANDEM);

- 17 [Crab Wk End] Sd L, XRIF, sd L/cl R, sd L;
 18 [New Yorker] Swiveling on lft ft commence LF trn & stp thru R with straight leg trng to a sd by sd position, rec L to fc ptr, sd R/cl L, sd R to BFLY;
 19 [Fenceline] In Butterfly cross lunge thru L with bent knee looking in the direction of lunge keeping upper bodies fcng, rec R trng to fc ptr, sd L/cl R, sd L;
 20 [Spot Trn Cucaracha End (W Trans to Tandem)] Commence LF trn XRIF trng ½, rec L complete trn to fc ptr, sd R/rec L, cl R (commence RF trn XLIF trng ¼ to fc wall, rec R, cl L, cl R;) Tandem Wall;

PART A (Mod)**1 - - 4 PARALLEL CHASE;; LF LARIAT (W TRANS);;**

- 1 - 2 [Parallel Chase] Sd L commencing RF trn ¼ to fc RLOD retaining double hnd hold in varsuv pos, fwd R, fwd L/LRIB, fwd L; Fwd R commencing LF trn ½ to fc LOD in lft varsuv pos, rec fwd L, fwd R/LLIB, fwd R;
 3 - 4 [LF Lariat] With RF trn to fc wall rk sd L, rec R, in place L/R, L; Rk sd R, rec L, in place R/L, R (Circle M Counter-Clockwise with joined lead hnds fwd L, fwd R, fwd L/cl R, fwd L; Fwd R, fwd L, fwd R, fwd L to fc ptr) to BFLY;

5 - - 8 CROSS BODY;; CHASE W/UNDERARM PASS;;

- 5 - 6 [Cross Body] Fwd L, rec R trng LF, [ft trnd about ¼ trn body trnd 1/8 trn] sd L/cl R, sd L (Bk R, rec L, fwd R/cl L, fwd R twd M staying on rt sd ending in an L-shaped pos); Bk R beh L cont LF trn, rec L, sd R/cl L, sd R (fwd L commencing to trn lft, fwd R trng ½ LF, sd L/cl R, sd & bk L;) to BFLY/COH;
 7 - 8 [Chase w/Underarm Pass (W in 4 to Tandem Wall)] Keeping lead hnds joined fwd L trng 1/2 RF, rec R, fwd L/cl R, fwd L (W bk R, rec L beh & to M's left side, fwd R/cl L, fwd R); Rk bk R, rec L to BFLY WALL, sd R/cl L, sd R (W fwd L, fwd R, fwd L, cl R) to Tandem Wall;

END**1 - - 4 PARALLEL CHASE;; LF LARIAT (W TRANS);;**

- 1 - 2 [Parallel Chase] Sd L commencing RF trn ¼ to fc RLOD retaining double hnd hold in varsuv pos, fwd R, fwd L/LRIB, fwd L; Fwd R commencing LF trn ½ to fc LOD in lft varsuv pos, rec fwd L, fwd R/LLIB, fwd R;
 3 - 4 [LF Lariat] With RF trn to fc wall rk sd L, rec R, in place L/R, L; Rk sd R, rec L, in place R/L, R (Circle M Counter-Clockwise with joined lead hnds fwd L, fwd R, fwd L/cl R, fwd L; Fwd R, fwd L, fwd R, fwd L to fc ptr) to BFLY;

5 - - 6 CUCARACHA 4; DIP, ETC;

- 5 [Cucaracha 4] Rk sd L, rec R, cl L, cl R to CP/WALL;
 6 [Dip, etc] Bk L take full weight with the knee relaxed or slightly bent with slight body twist keeping R leg extended with the knee and ankle forming a straight line from the hip and the toe remaining on the floor (Leg crawl & kiss Optional);

Quick Cues**Love You Forever****(Phase IV + 1 – Cha)****(Cuban Brk)****(Weiss)****Intro Tandem Fcng Wall Lft Ft Free for Both Wait Ld Notes;****A Parallel Chase;; Rev Lariat (W Trans);;
X Body;; Chase w/Underarm Pass;;****B ½ Basic; Fan; Alemana;;
New Yorker; Crab Wks;;
Spot Trn w/Cucaracha end (W in 4 to Tandem Wall);****A Parallel Chase;; Rev Lariat (W Trans);;
X Body;; Chase w/Underarm Pass;;****C New Yorker to Bk Triple Chas;; Rk Bk Rec, Fwd Triple Chas;;
Spot Trn w/Cucaracha End; Sd Wks RLOD;; Traveling Door;
Sd Wk LOD; Thru to Aida; Switch w/Cuban Brk; Crab Wks;;
Fenceline; Thru to Aida; Switch X;
Crab Wk End; New Yorker; Fenceline;
Spot Trn w/Cucaracha end (W in 4 to Tandem Wall);****A1 Parallel Chase;; Rev Lariat (W Trans);;
X Body;; Chase w/Underarm Pass (W in 4 to Tandem Wall);;****End Parallel Chase;; Rev Lariat (W Trans);;
Cucaracha 4; Dip, Etc;**

This entire piece of music utilizes no instruments other than the human voice.