

# I Love You Always Forever

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**MUSIC:** I Love You Always Forever (Cut) (Donna Lewis – Now In a Minute Track 3)  
**NOTE:** Start music at 00:39:25 (minutes, seconds, milliseconds)  
**RHYTHM:** Samba  
**PHASE (+):** Phase V  
**FOOTWORK:** Opposite unless indicated [*W's footwork in square brackets*]  
**SEQUENCE:** INTRODUCTION A B A B C INTERLUDE B A (1 – 2)

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## Introduction

### 1 – 4 Wait; Samba Whisks; Samba Walks; Samba Walk Side Samba Walk;

- 1 Wait for measure in Closed Position facing WALL with lead feet free;
- 2 [**Samba Whisks (1a2 3a4)**] Side L / XRib, recover L, side R / XLib, recover L;
- 3 [**Samba Walks (1a2 3a4)**] Turning to SCP facing LOD forward L / back R, pull L back slightly, thru R / back L, pull R back slightly;
- 4 [**Samba Walk Side Samba Walk (1a2 3a4)**] Forward L / back R, pull L back slightly, thru R / apart L, pull R slightly sideward toward L ending in a loose SCP facing LOD;

## Part A

### 1 – 8 Slow to Fast Criss Cross Volta; ; ; Bota Fogo to SCP and Reverse SCP; Bota Fogo to SCP and Pickup; Stationary Walks; Reverse Turn;

- 1 - 2 [**Slow to Fast Criss Cross Volta (1-a3-a 1a2a3a4)**] Dropping hands changing sides in a wide LF curve crossing behind Woman XLif, - / side R, XLif, - / side R; XLif / side R, XLif / side R, XLif / side R, XLif moving toward LOD curving to face DLC;  
*[W: Changing sides in a wide RF curve in front of Man XRif, - / side L, XRif, - / side L; XRif / side L, XRif / side L, XRif / side L, XRif moving toward LOD curving to face DLW;]*  
**ARMS:** On the first cross of the Slow Volta sweep both arms down and up in front of you to chest height with arms crossed. On the second cross of the Slow Volta continue to raise the arms in a “sunburst” overhead in front of you. On the quick volta continue to extend the arms up and out. The arm movements should be continuous.
- 3 – 4 [**Slow to Fast Criss Cross Volta (1-a3-a 1a2a3a4)**] Changing sides in a wide RF curve crossing behind Woman XRif, - / side L, XRif, - / side L; XRif / side L, XRif / side L, XRif / side L, XRif moving toward LOD curving to face DLW;  
*[W: Changing sides in a wide LF curve crossing in front of Man XLif, - / side R, XLif, - / side R; XLif / side R, XLif / side R, XLif / side R, XLif moving toward LOD curving to face DLC;]*  
**ARMS:** As in the first Criss Cross Volta.
- 5 [**Bota Fogo to SCP and Reverse SCP (1a2 3a4)**] Blending to loose CP facing WALL forward L / side R turning to SCP facing LOD, recover L, thru R / side L turning to face WALL, continue to turn to Reverse SCP recover R;
- 6 [**Bota Fogo to SCP and Pickup (1a2 3a4)**] Thru L toward RLOD / side R turning to face WALL, continue to turn to SCP recover L; Thru R / side L, close R to end in CP facing LOD;
- 7 [**Stationary Walks (1a2 3a4)**] Close L / back R, pull L back slightly, close R / back L, pull R back slightly;  
*[W: Close R / back L, pull R back slightly, close L / back R, pull L back slightly;]*
- 8 [**Reverse Turn (1a2 3a4)**] Forward L commence LF turn / side R turning to face LOD, XLif; Back R commence LF turn / side L turning LF to face WALL, close R;  
*[W: Back R commence LF turn / side L, close R, forward L commence LF turn / side R, close L to end in CP backing WALL;]*

**9 - 16 Bota Fogo to SCP Contra Bota Fogo Man Transition; Contra Bota Fogos to Butterfly; Circular Voltas Slow and Fast with Bota Fogo Ending; ; Circular Voltas Slow and Maypole Volta Wrap Man Transition; ; Samba Walks; Roll Lady Out and In to Pickup;**

- 9 **[Bota Fogo to SCP Contra Bota Fogo Man Transition (1a2 3a4a)]** Forward L / side R turning to SCP facing LOD, recover L, thru R (heel) / recover L, back R (toe) /recover L (Transition) ending in Banjo both with R foot free;  
*[W: Back R / side L turning to SCP facing LOD, recover R, thru L / side R turning to face COH, recover L to end in Bango;]*
- 10 **[Contra Bota Fogos To Butterfly (1a2 3a4)]** Forward R in Banjo / side L turning to face WALL, recover L turning to Sidecar, forward L in Sidecar / side R turning to face WALL, recover L turning to Butterfly Banjo;
- 11 – 12 **[Circular Voltas Slow and Fast with Bota Fogo Ending (1-a3-a 1a2a3a4)]** Wheeling RF in Butterfly Banjo XRif, - / side L, XRif, - / side L; XRif / side L, XRif / side L, XRif / side L, recover R turning to Butterfly Sidecar having made one full turn on the Volta;  
**NOTE:** This figure is given in Butterfly, but could be danced with no hands using the same arm movements used on the Slow to Fast Criss Cross Voltas.
- 13 – 14 **[Circular Voltas Slow and Maypole Volta Wrap Man Transition (1-a3-a a2a34)]** Wheeling LF in Butterfly Sidecar XLif, - / side R, XLif, - / side R; Releasing trail hands and allow Woman to turn under joined lead hands and circling around Woman XLif / side R, XLif / side R, XLif, close R to end in Wrapped Position facing LOD (Transition to opposite footwork);  
*[W: Circling LF in Butterfly Sidecar XLif, - / side R, XLif, - / side R; Turning LF under joined lead hands XLif / side R, XLif / side R, XLif / side R, close L to end in Wrapped Position facing LOD;]*
- 15 **[Samba Walks (1a2 3a4)]** Repeat the action from Measure 3 of the Introduction.
- 16 **[Roll Lady Out and In to Pickup (1a2 3a4)]** Releasing lead hands apart L / close R, in place L, side R / close L, in place R preparing to blend to CP facing LOD;  
**NOTE:** Man may dance a whisk action.  
*[W: Rolling RF one full turn side R / close L spinning RF, side L checking in OP facing LOD, side L commence LF turn / side R turning to face RLOD, XLif;]*  
**NOTE:** Woman may FREE SPIN 1 1/2 turns LF into the pickup.

## **Part B**

**1 – 8 Reverse Barrel Roll Twice; ; Marchessi; ; Forward Box into Natural Turns and Progressive Whisk; ; Progressive Whisks to SCP; Samba Walk Side Samba Walk;**

- 1 - 2 **[Reverse Barrel Roll Twice (1a2 3a4)x2]** Blending to CP facing LOD forward L commence LF turn / side R, XLif now facing RLOD, back R commence LF turn / side L, close R now facing LOD; Repeat;  
*[W: Blending to CP back R commence LF turn / side L, close R now facing LOD, forward L commence LF turn / side R, XLif now facing RLOD;]*
- 3 - 4 **[Marchessi (1a2a3a4)x2]** Forward L (heel) / recover R, back L (toe) / recover R, forward L (heel) / recover R, forward L (heel) recover R; Back L (toe) / recover R, forward L (heel) / recover R, back L (toe) / recover R, back L (toe) / recover R;
- 5 - 6 **[Forward Box into Natural Turns and Progressive Whisk (1a2 3a4)x2]** Forward L / side R, close L turning RF to face DLW, forward R between partner's feet commence RF turn / side L, close R now facing RLOD in CP; Back L commence RF turn / side R, close L turning to face COH, (Progressive Whisk) commence RF turn forward R / side L allowing Woman to turn to SCP facing DLC, recover R allowing Woman to turn back to CP facing LOD;  
*[W: Back R / side L, close R turning RF to back DLW, back L commence RF turn / side R, close L to end in CP facing LOD; Forward R between Man's feet commence RF turn / side L, close R, back L commence RF turn and flick R foot back while turning to SCP facing DLC / XRib, recover L turning to CP backing LOD;]*

- 7 **[Progressive Whisks to SCP (1a2 3a4)]** Forward L small step allowing Woman to turn to Reverse SCP / side R, recover L turning back to CP facing LOD, forward R small step allowing Woman to turn to SCP facing LOD / side L, recover R staying in SCP facing LOD;  
*[W: Back and side R and flick L foot back while turning to Reverse SCP / XLib, recover R turning to CP backing LOD, back and side L and flick R foot back while turning to SCP / XRib continue turning to SCP facing LOD, recover L staying in SCP facing LOD;]*
- 8 **[Samba Walk Side Samba Walk (1a2 3a4)]** Repeat the action from Measure 4 of the Introduction.

**Repeat Part A**

**Repeat Part B**

### Part C

#### 1 - 8 Solo Turning Volta Freeze 3/4 ; ; Swivel Walks to Reverse; Solo Turning Volta Freeze 3/4 ; ; Swivel Walks to Line;

- 1 - 3 **[Solo Turning Volta Freeze 3/4 (1---a)x3]** Dropping all hands turning LF XLif pointing DLC and freeze, -, -, - / side R; Turning LF XLif pointing DRC and freeze, -, -, - / side R; Turning LF XLif pointing DRW and freeze, -, -, -;  
*[W: Turning RF XRif pointing DLW and freeze, -, -, - / side L; Turning RF XRif pointing DRW and freeze, -, -, - / side L; Turning RF XRif pointing DRC and freeze, -, -, -;]*  
**ARMS:** On each crossing step sweep the arms across in front of yourself at mid-body and out ending with hands palm up. The action should be crisp and freeze.
- 4 **[Swivel Walks to Reverse (1234)]** Moving toward RLOD throughout swivel RF on ball of L then forward R, swivel LF on ball of R then forward L, swivel RF on ball of L then forward R, swivel LF on ball of R then forward L;
- 5 – 7 **[Solo Turning Volta Freeze 3/4 (1---a)x3]** Turning RF XRif pointing DRC and freeze, -, -, - / side L; Turning RF XRif pointing DLC and freeze, -, -, - / side L; Turning RF XRif pointing DLW and freeze, -, -, -;
- 8 **[Swivel Walks to Line (1234)]** Moving toward LOD throughout swivel LF on ball of R then forward L, swivel RF on ball of L then forward R, swivel LF on ball of R then forward L, swivel RF on ball of L then forward R;

#### 9 - 16 Solo Turning Voltas ; ; Solo Turning Volta into Traveling Volta Reverse ; ; ; Solo Turning Voltas ; ; Solo Turning Volta into Traveling Volta Line ; ; ;

- 9 – 10 **[Solo Turning Voltas (1a2a3a4)x2]** Turning LF approximately 3/4 XLif / side R, XLif / side R, XLif / side R, XLif to end facing DRW; Turning RF approximately 3/4 XRif / side L, XRif / side L, XRif / side L, XRif;  
*[W: Mirror Man turning RF as he turns LF and visa versa.]*  
**ARMS:** On the turning volta the same arm as the foot that is crossing should be in front in a rounded shape with palm facing your both and the other arm should be in a rounded shape behind the small of your back with palm facing outward. Move as if the front elbow is leading you through the curve. Switch arms as you change direction.
- 11 – 12 **[Solo Turning Volta into Traveling Volta Reverse (1a2a3a4a 1a2a3a4)]** Turning LF approximately 3/4 XLif / side R, XLif / side R, XLif / side R, XLif / side R moving toward RLOD; Continue to move toward RLOD XLif / side R, XLif / side R, XLif / side R, XLif;  
*[W: Mirror Man turning RF as he turns LF and moves toward RLOD with him.]*  
**ARMS:** As you continue into the Traveling Volta slowly extend the arms out to the side ending palm up.
- 13 – 14 **[Solo Turning Voltas (1a2a3a4)x2]** Turning RF approximately 3/4 XRif / side L, XRif / side L, XRif / side L, XRif; Turning LF approximately 3/4 XLif / side R, XLif / side R, XLif / side R, XLif to end facing DRW;
- 15 - 16 **[Solo Turning Volta into Traveling Volta Line (1a2a3a4a 1a2a3a4)]** Turning RF approximately 3/4 XRif / side L, XRif / side L, XRif / side L, XRif / side L moving toward LOD; Continue to move toward LOD XRif / side L, XRif / side L, XRif / side L, XRif;

### Interlude

**1 - 4 Samba Whisks; Underarm Turn to SCP; Samba Walk Side Samba Walk; Shadow Bota Fogo Bota Fogo Pickup;**

- 1 **[Samba Whisks (1a2 3a4)]** Repeat the action from measure 2 of the Introduction.
- 2 **[Underarm Turn to SCP (1a2 3a4)]** Side L dropping trail hands and raising joined lead hands / XRib, recover L, side R / XLif blending to SCP facing LOD, recover R;  
*[W: Side R turning to face LOD / turning RF 3/8 under joined lead hands side and forward L toes pointing DRW, continue RF turn 3/8 XRif toes pointing COH, side L / XRib turning to SCP facing LOD, recover L;]*
- 3 **[Samba Walk Side Samba Walk (1a2 3a4)]** Repeat the action from Measure 8 of Part B. Just kidding. It's Measure 4 of the Introduction.
- 4 **[Shadow Bota Fogo Bota Fogo Pickup (1a2 3a4)]** Releasing trail hands and allowing Woman to move slight in front forward L toward DLW raising joined lead hands and passing behind Woman / side R turning to face DLC, recover L, forward R toward DLC and passing behind Woman / side L turning to face LOD, close R to end in CP facing LOD;  
*[W: Forward R toward DLC passing in front of Man under joined lead hands / side L turning to face DLW, recover R, commencing LF turn under joined lead hands forward L / side R, XLif blending to CP backing LOD;]*

**Repeat Part B**

**Repeat Part A Measures 1 – 4 drifting apart as music fades.**