

Forgive and Forget

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Anja Waldmeier (CH) & Joshua Talbot (AUS) - September 2025

Music: Late Great Heartbreak - Old Dominion



Extras: N/A

Intro: 32 counts – Start on the word FLOWERS

Section 1: OUT OUT, HOLD, R ¼ SAIOLR, ½ PIVOT, ½ TOGETHER, KICK FWD

- &1, 2 Step R out, step L out, HOLD
- 3&4 Step R behind, step L to L, ¼ R step R fwd
- 5, 6 Step L fwd, ½ R taking weight R
- 7, 8 ½ R step L together, kick R fwd with R toe pointed fwd

Section 2: R LOCK SHUFFLE BACK, ROCK BACK, RECOVER, ¼ SIDE, BEHIND, ¼ FWD, ½ HOOK/HITCH

- 1&2 Step R back, cross L over R, step R back
- 3, 4 Rock L back, recover weight R
- 5, 6 ¼ R step L to L, step R behind L
- 7, 8 ¼ L step L fwd, ½ L on ball of L foot slightly hitching R knee up/hooking R behind L

Section 3: BACK, SWEEP, WEAWE BEHIND, SIDE ROCK, ¼ RECOVER, ½ 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, ¼ L as you recover weight L
- 7&8 ¼ L step R to R, step L together, ¼ L step R back

Section 4: L ROCK BACK, RECOVER, FULL FWD, SIDE SHUFFLE, BEHIND, ¼ FWD

- 1, 2 Rock L back, recover weight R
- 3, 4 ½ R step L together, ½ R step R slightly fwd
- 5&6 Step L to L, step R together, step L to L
- 7, 8 Step R behind L, ¼ L step L fwd

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

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Anja Waldmeier