

# Forever Young

Compte: 32

Mur: 2

Niveau: Intermediate NC2S



Chorégraphe: Monique LeCunff (CAN) - January 2025

Musique: Forever Young - David Guetta, Alphaville & Ava Max

**Note:** This dance is counted in the style of Nightclub 2-Step, so "12&34&" rather than a straight "1234...", where 12& is a Slow, Quick, Quick  
**Intro:** (NC2S Style) 12&34& Start!

## **[1-8] R Night Club Basic, 1/4 L Step w/ RF Lift, Walk R-L, 1/4 Side Rock, Sway-Sway, Step Sweep, Cross-Side**

- |      |   |
|------|---|
| 1 2& | 1) Step Side RF, 2) Rock Back LF, &) Step RF Across LF [12:00]  |
| 3    | 3) Turn ¼ left [to face 9:00] stepping forward LF as you lift RF forward                              |
| 4&   | 4) Step forward RF, &) Step forward LF  |
| 5 6& | 5) Turn ¼ left [to face 6:00] with rock step/sway side RF, 6) Recover with a sway left, &) Sway right |
| 7 8& | 7) Step LF to front left diagonal [4:30] as you sweep RF from back to front, 8) Step RF across LF,    |
| &    | Step Side LF [6:00]   |

## **[9-16] Step Back w/Sweep, Back-Side, Forward w/ Lift Hitch, Forward-Cross, 1/4 Side Rock, Sway-Sway, 1/4 Forward, Full Travelling Turn**

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|-----|--|
| 1   | 1) Step back RF as you sweep LF from front to back [6:00]  |
| 2&  | 2) Step back LF, &) Step side R  |
| 3   | 3) Step forward LF as you hitch your right knee with toe pointed (styling, "lift" by raising up on the LF) |
| 4&5 | 4) Step forward RF, &) Step LF across RF, 5) Turn ¼ left [to face 3:00] stepping side RF                   |
| 6&7 | 6) Sway left, &) Sway right, 7) Turn 1/4 left [to face 12:00] stepping forward LF                          |
| 8&  | 8) Turn ½ left [to face 6:00] stepping back RF, &) Turn ½ left [to face 12:00] stepping forward LF         |

## **[17-24] Cross Rock, Back-Side, Cross Rock, Back-Side, Cross, Side-Cross, 1/4 , 1/2 Pivot**

- |     |   |
|-----|---|
| 1   | 1) Rock RF forward across LF [12:00]  |
| 2&3 | 2) Recover on LF, &) Step RF next to LF, 3) Rock LF forward across RF                     |
| 4&5 | 4) Step back RF, &) Step LF next to RF, 5) Step RF across LF                              |
| 6&7 | 6) Step side LF, &) Step R across LF, 7) Turn 1/4 left [to face 9:00] stepping forward LF |
| 8&  | 8) Step forward RF, &) Turn ½ left [to face 3:00] taking weight on LF                     |

## **[25-32] Full R Spiral Turn, Forward Chassé, 1/4 Turn Fallaway "Diamond" "Diamond", Side-Cross**

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|-----|--|
| 1   | 1) Small step forward RF into full spiral turn right with weight ending on RF [3:00]                               |
| 2&3 | 2) Step forward LF, &) Step forward RF, 3) Step forward LF   |
| 4&5 | 4) Step RF across LF, &) Turning 1/8 right [to face 4:30, moving back towards 11:30] Step back LF, 5) Step back RF |
| 6&7 | 6) Step back LF, &) Turn 1/8 right [to face 6:00] stepping side RF, 7) Step LF across RF                           |
| 8&  | 8) Step side RF, &) Step LF across RF  |

**Ending:** On the last wall, as the music slowly ends – adjust the last couple counts of the dance to face front:

- |     |  |
|-----|--|
| 8&1 | 8) Turn ¼ right stepping back RF [9:00], &) Turn 1/4 turn Right stepping side LF [12:00], 1) Step RF across LF |
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**Enjoy and Happy Dancing !**

