

Forever Young

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Sylvia Elwyn (USA) - March 2021
音乐: Forever Young - Rod Stewart : (amazon)



#32 Count intro - Start weight L

CROSS, POINT, CROSS, POINT; SHUFFLE, HOOK, SHUFFLE HOOK

1-4 Cross R over L, touch L to left side; Cross L over R, touch R to right side
5&6 Step R, step L, step R, Hook L
7&8 Step L, step R, Step L, Hook R

ROCK BACK, PIVOT ½ TURN L, KICK-BALL TOUCH, PIVOT TURN R

1-2 Step back Right, recover L,
3-4 Step forward R, pivot ½ turn L, weight on L
5&6 Kick forward R, step R home, touch L home
7,8 Step forward L, Pivot ½ turn R, weight on R

CHA CHA ZIG-ZAG PROGRESSIVE

1-2 Step L side, Touch R beside L
3&4 Step forward L, step R beside L, step forward L
5-6 Step side R, Touch L beside R
7&8 Step forward R, step L beside R, step forward R

WALK BACK X2, COASTER STEP L, STEP OUT R & L ¼ TURN, TWIST HEELS

1-2 Walk back L, walk back R
3&4 Step back L, step R together, Step L forward
5&6 Touch R out to side, recover R next to L, making ¼ turn L to 3:00 , Touch L out to side,
 recover L next to R
7-8 Twist heels to right, bending knees, return heels to center, weight on L

Repeat

Tag and Restart: On wall 8, dance 12 counts, Tag: Step forward R, Pivot ½ turn L, weight on L, Step forward R, pivot ½ turn R, weight on left, step R, Step L beside R
Restart dance on Wall 8 (9:00)

Ending: Start facing 6:00. Dance 24 counts, Pivot ½ turn R to face 12:00

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