

# Forever Young

COPPER KNOB  
BY STEPHENETS

拍数: 40      墙数: 2      级数: Improver  
编舞者: Cheryl Carter (UK) - March 2021  
音乐: Forever Young - Los Quarantinos



**Intro: 16 count. Start on vocal at approx 16 secs.**

## Section 1 SIDE, BEHIND & CROSS ROCK, 1/4, 1/4 CHASSE, TOUCH, HITCH

1 2 &      Step large step to R, cross L behind R, step R to R side  
3 4      Cross rock L over R, recover weight on R  
5 6 & 7      Turn 1/4 L step forward onto L, turn 1/4 L step onto R, close L next to R, step R to R side  
8 &      Touch L next to R, hitch L knee

## Section 2 BACK, BACK, BACK ROCK STEP, ROCKING CHAIR, WALK, WALK

1 2      Step back on L sweeping R from front to back, step back R sweeping L from front to back  
3 & 4      Rock back on L, recover weight on R, step forward L  
5 & 6 &      Rock forward on R, recover weight on L, rock back on R, recover weight on L  
7 8      Walk forward on R, walk forward on L

## Section 3 STEP, 1/4, CROSS, 1/4, 1/4, CROSS, ROCK FORWARD, ROCK SIDE, COASTER

1 & 2      Step forward R, turn 1/4 L step onto L, cross R over L  
3 & 4      Turn 1/4 R stepping back onto L, turn 1/4 R stepping onto R, cross L over R  
5 & 6 &      Turn 1/8 R (on the diagonal facing 11:30) rock forward on R, recover back on L, rock R to R side, recover weight across on L  
7 & 8      Step back R, close L next to R, step forward R (on the diagonal)

**BRIDGE: after count 24 on walls 1,2,3,4 and then continue on with the dance**

## Section 4 CROSS SHUFFLE, WEAVE, DRAG, BACK ROCK, 1/4, 1/4

1 & 2      Sweep L round and turn 1/8 R Crossing L over R, step R to R side, cross L over R (12:00)  
3 & 4 &      Step R to R side, cross L behind R, step R to R side, cross L over R  
5 6 &      Step a big step to R side dragging the L towards R, rock L behind the R, recover weight on R  
7 8      Turn 1/4 R stepping back on L, turn 1/4 R stepping forward onto R

## Section 5 CROSS SHUFFLE, WEAVE, DRAG, BACK ROCK, SIDE, TOUCH

1 & 2      Crossing L over R, step R to R side, cross L over R (6:00)  
3 & 4 &      Step R to R side, cross L behind R, step R to R side, cross L over R  
5 6 &      Step a big step to R side dragging the L towards R, rock L behind the R, recover weight on R  
7 8      Step L to L side, touch R next to L

## BRIDGE : WALK, WALK

1 2      Step forward L, step forward R (keeping on the diagonal)

**PLEASE NOTE : AFTER EACH BRIDGE YOU CONTINUE ON WITH THE DANCE :) xx**