

Forever Young

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Sonja Hemmes (USA) - February 2022
音乐: Forever Young - Rod Stewart



Start on Lyrics

ROCK & CROSS, SIDE, CROSS, RIGHT THEN LEFT

1-2 Rock right to right side, step on left
3&4 Step right in front of left, step left to left side, step right in front of left
5-6 Rock left to left side, step on right
7&8 Step left in front of right, step right to right side, step left in front of right

STEP TOGETHER, TURN 1/2 RIGHT, STEP TOGETHER, ROCK FORWARDS

1&2 Step right to right side, step left next to right, step right to right side
3&4 Step left turning 1/2 right, step right next to left, step left to left side
5&6 Rock right forward in front of left, step on left, step right next to left
7&8 Rock left forward in front of right, step on right, step left next to right

LOCK STEP FORWARD, RIGHT SAILOR TURN 1/4 RIGHT, CROSS SHUFFLE

1&2 Step right forward, step left forward behind right, step right forward
3&4 Step left forward, step right forward behind left, step left forward
5&6 Cross step right behind left, making a 1/4 turn right, ball stepping left next to right, step right forward
7&8 Left foot forward in front of right, right to right side, left in front of right

MAMBO RIGHT, MAMBO LEFT, STEP PIVOT 1/4 LEFT, STEP PIVOT 1/4 LEFT

1&2 Step right to right side, step on left, step right next to left
3&4 Step left to left side, step on right, step left next to right
5-6 Step right forward, pivot 1/4 left on balls of feet
7-8 Step right forward, pivot 1/4 left on balls of feet

RESTART: In the 8th rotation, facing the 3 o'clock wall, dance first 16 counts, then restart the dance

Enjoy dancing to Rod Stewarts music!