

Forever Young

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Low Advanced
编舞者: Jo Kinser (UK), Grace David (KOR) & Jef Camps (BEL) - September 2023
音乐: Forever Young - Becky Hill



#8 Counts Intro

SEC 1: CROSS BEHIND/SWEEP, BEHIND-SIDE-CROSS, RECOVER. 1/4 FWD, FULL SPIRAL, FWD, STEP 3/8 PIVOT, FWD SLOW COASTER

1 LF cross behind RF & sweep RF back
2&3 RF cross behind LF, LF step side, RF cross over LF
4&5 Recover on LF, 1/4 Turn to R & RF step Fwd, LF Step Fwd and make full spiral turn R (3:00)
6&7 RF step Fwd, LF step Fwd, make 3/8 turn R putting weight on RF (7:30)
&8& LF step Fwd, RF close next to LF, LF Step back

SEC 2: ROCK BACK/RECOVER, FULL TURN, SWEEP, CROSS, 1/2 TURN, RUN FWD, ROCK FWD/RECOVER

1-2 RF rock back, Recover on LF
&3 1/2 turn L & RF step back, 1/2 turn L & step fwd while sweeping RF fwd
4&5 RF cross over LF, 1/4 turn R & LF step back, 1/4 turn R & RF step fwd (1:30)
6& LF walk fwd, RF walk fwd
7&8& LF rock fwd, Recover on RF, LF walk back, RF walk back

SEC 3: CROSS BEHIND, 1/8 SWEEP, BEHIND, 1/4 FWD, STEP FWD, FULL SPIRAL, STEP FWD, 1/4 SIDE, TOGETHER, CROSS, 1/2 HINGE TURN, CROSS ROCK/RECOVER

1 LF cross behind RF & make 1/8 turn R while sweeping RF backwards (3:00)
2&3 RF cross behind LF, 1/4 turn L & LF step fwd, RF step fwd & make full spiral turn L (12:00)
4&5 LF step fwd, 1/4 turn L & RF step side, LF close next to RF (9:00)
6&7 RF cross over LF, 1/4 turn LF step back, 1/4 turn R & RF large step side (3:00)
8& LF rock across RF, Recover on LF

SEC 4: SWAY L, LUNGE R, 1/4 & HITCH, FULL TURN, NC BASIC, 1/2 HINGE TURN, WEAVE

1-2 LF step side & sway L, Lunge R & stretch L leg into small point
3 1/4 turn L putting weight on & hitch R-knee into figure 4 position to start full turn (12:00)
4& 1/2 turn L & RF step back, 1/2 turn L & LF step fwd
5-6& 1/4 turn L & RF large step side, LF rock behind RF, Recover on RF (9:00)
7&8& 1/4 turn R & LF step back, 1/4 turn R & RF step side, LF cross over RF, RF step side (3:00)

TAG: After 3rd Wall, there is 1 count pause/hold before you restart the dance (9:00)

RESTART: In 2nd wall (restart to 6:00), and 5th wall (restart to 3:00), you dance up to 16& count, restart the dance while making 1/8 turn to R.

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