

Forever Young 2024

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Annie Annoy (INA) - November 2024
音乐: Forever Young - Alphaville & LABACK Remix 2024



SEC 1: CROSS ROCK, CHASSE R, CROSS ROCK, CHASSE ¼ L

1 2 Cross rock right over left, Recover on left
3&4 Step R to the right side, Step L next to right, Step R to right side
5 6 Cross rock L over R, Recover on right
7&8 Step L to left side, Step R next to L, ¼ L stepping forward on L [9:00]

SEC 2: ¼ JAZZ BOX TURN R, FORWARD, RECOVER, BACK, HOOK

1 2 3 4 Step cross R over L , 1/4 back L turn to R , side R to side , L forward
5 6 7 8 Rock forward on right, Recover on left, Rock back on right, Touch L toes in front of right foot

SEC 3: FORWARD L, ½ PIVOT L, STEP FORWARD RL, HEEL BOUNCE

1 2 3 4 Step L forward, step forward R, pivot ½ turn left (weight ending on left), step right forward
5 6 7 8 Step L forward, bounce heels to the L (6) Making a 1/16 turn right, bounce heels to the L (7)
Making a 1/16 turn right, bounce heels to the L (8) Making a 1/16 turn right, bounce heels to the L (8) [9:00]

SEC 4: L CROSS, SIDE R, CROSS L BACK, RECOVER R, ½ TURN R, L BACK SHUFFLE , ¼ TURN R, SIDE, CLOSE L

1 2 3 4 Cross L over R, Step R to right side, Cross L back R (angling your body with bring both arm up), recover your weight onto the R
5&6 7 8 Step back on L, step R next to L (&), step back on R, Make a ½ turn R stepping side on R, step L close next to R

NO TAG NO RESTART

Enjoy it and have fun

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