

Forever Young

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate NC2S
编舞者: Monique LeCunff (CAN) - January 2025
音乐: Forever Young - David Guetta, Alphaville & Ava Max



Note: This dance is counted in the style of Nightclub 2-Step, so "12&34&" rather than a straight "1234...", where 12& is a Slow, Quick, Quick
Intro: (NC2S Style) 12&34& Start!

[1-8] R Night Club Basic, 1/4 L Step w/ RF Lift, Walk R-L, 1/4 Side Rock, Sway-Sway, Step Sweep, Cross-Side

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|------|---|
| 1 2& | 1) Step Side RF, 2) Rock Back LF, &) Step RF Across LF [12:00] |
| 3 | 3) Turn ¼ left [to face 9:00] stepping forward LF as you lift RF forward |
| 4& | 4) Step forward RF, &) Step forward LF |
| 5 6& | 5) Turn ¼ left [to face 6:00] with rock step/sway side RF, 6) Recover with a sway left, &) Sway right |
| 7 8& | 7) Step LF to front left diagonal [4:30] as you sweep RF from back to front, 8) Step RF across LF, |
| & | Step Side LF [6:00] |

[9-16] Step Back w/Sweep, Back-Side, Forward w/ Lift Hitch, Forward-Cross, 1/4 Side Rock, Sway-Sway, 1/4 Forward, Full Travelling Turn

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| 1 | 1) Step back RF as you sweep LF from front to back [6:00] |
| 2& | 2) Step back LF, &) Step side R |
| 3 | 3) Step forward LF as you hitch your right knee with toe pointed (styling, "lift" by raising up on the LF) |
| 4&5 | 4) Step forward RF, &) Step LF across RF, 5) Turn ¼ left [to face 3:00] stepping side RF |
| 6&7 | 6) Sway left, &) Sway right, 7) Turn 1/4 left [to face 12:00] stepping forward LF |
| 8& | 8) Turn ½ left [to face 6:00] stepping back RF, &) Turn ½ left [to face 12:00] stepping forward LF |

[17-24] Cross Rock, Back-Side, Cross Rock, Back-Side, Cross, Side-Cross, 1/4 , 1/2 Pivot

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|-----|---|
| 1 | 1) Rock RF forward across LF [12:00] |
| 2&3 | 2) Recover on LF, &) Step RF next to LF, 3) Rock LF forward across RF |
| 4&5 | 4) Step back RF, &) Step LF next to RF, 5) Step RF across LF |
| 6&7 | 6) Step side LF, &) Step R across LF, 7) Turn 1/4 left [to face 9:00] stepping forward LF |
| 8& | 8) Step forward RF, &) Turn ½ left [to face 3:00] taking weight on LF |

[25-32] Full R Spiral Turn, Forward Chassé, 1/4 Turn Fallaway "Diamond" "Diamond", Side-Cross

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| 1 | 1) Small step forward RF into full spiral turn right with weight ending on RF [3:00] |
| 2&3 | 2) Step forward LF, &) Step forward RF, 3) Step forward LF |
| 4&5 | 4) Step RF across LF, &) Turning 1/8 right [to face 4:30, moving back towards 11:30] Step back LF, 5) Step back RF |
| 6&7 | 6) Step back LF, &) Turn 1/8 right [to face 6:00] stepping side RF, 7) Step LF across RF |
| 8& | 8) Step side RF, &) Step LF across RF |

Ending: On the last wall, as the music slowly ends – adjust the last couple counts of the dance to face front:

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| 8&1 | 8) Turn ¼ right stepping back RF [9:00], &) Turn 1/4 turn Right stepping side LF [12:00], 1) Step RF across LF |
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Enjoy and Happy Dancing !

