

Forever Young

拍数: 64 墙数: 4 级数: Intermediate
编舞者: GoWildWest Isabel (CH) - April 2025
音乐: Forever Young - David Guetta, Alphaville & Ava Max



Intro: start immediately

Part 1: Knee, Hitch, Slide, Rock Back

1, 2 weight on RF and knee side right, weight on LF and knee side left
3, 4 weight on RF, right knee hitch
5, 6 RF slide right, hold
7, 8 LF rock back, weight on RF

Part 2: Slide Turn, Rock Back, Rock Recover Turn, Scuff

1, 2 LF slide left, hold
3, 4 turn 1/4 R and RF rock back, hold
5, 6 turn 1/2 L and LF rock fwd, weight on RF
7, 8 turn 1/2 L and LF step fwd, RF scuff

Part 3: Diagonal Teeter, Rock Back, Cross Behind, Side Rock, Hold

1, 2 RF step diagonal R fwd, hold (full weight on RF)
3, 4 weight on LF, hold (full weight on LF) so you teeter from RF to LF
5, 6 RF cross behind, LF rock side left
7, 8 RF step right, hold

Part 4: Cross, Swipe Turn, Rock Recover, Heel Strut Turn

1, 2 LF cross in front, RF turn 1/4 L
3, 4 LF swipe with turn 1/4 L, LF step fwd
5, 6 RF rock fwd, weight on LF
7, 8 RF step back and same time turn 1/2 L with left Heel, LF strut

Part 5: Diamond Slide Touch : R, L, R,L

1, 2 turn 1/4 L & RF step right diagonal, LF touch
3, 4 turn 1/4 L & LF step left diagonal, RF touch
5, 6 turn 1/4 L & RF step right diagonal, LF touch
7, 8 turn 1/8 L & LF step left, RF touch

Part 6: Knee Pop Turn, Heel Strut Turn, Bounce Turn

1 RF step fwd
+2 turn 1/4 L with pop knee (knee out and heel up, heel down)
3, 4 turn 1/4 L with LF heel, LF strut
5-7 RF step fwd, turn 1/2 L on both feet and bounce
8 weight on RF

Part 7: 2x Cross with Heel out, Touch & Touch, Toe Strut Turn

1, 2 LF cross in front, RF step right (same time do with LF an heelgrind left out)
3, 4 LF cross in front, RF step right (same time do with LF an heelgrind left out)
5+ LF touch, weight on LF
6+ RF touch, weight on RF
7, 8 turn 1/2 L with LF toe, LF strut

Part 8: Slide, Knee Pop, Heel Fan

- 1, 2 RF slide right, hold
- 3+4 weight on both feet, knee pop with heel up, heel down
- 5+ RF heel out, heel in
- 6+ LF heel out, heel in
- 7+ RF heel out, heel in
- 8+ RF heel out, heel in

Last Update: 8 Apr 2025
