

Stay Forever Young

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Beginner
編舞者: Gabby Parker (SA) - March 2017
音樂: Forever Young by Bryan Claasz



Intro: Approx 40 Counts (Start On The Word On Young)

Section 1: Side Rock Cross Shuffle, Right And Left

1,2 Rock R to right Side, Recover onto L
3&4 Cross R over L, Step L to Left, cross R over L
5,6 Rock L to Left Side, Recover onto R
7&8. Cross L over R, Step R to Right, cross L over R

Section 2: Modified Rumba Box With Shuffles

1,2 Step R To Right Side, Step L Next To R
3&4 Step R Forward, Step L Next To R, S Step R Forward
5,6 Step L To Left Side, Step R Next To L
7&8 Step L Back, Step R Next To L, Step L Back

Section 3: Back Rock, Forward Shuffle, Step Half Turn Left Chasse

1,2 Rock Back On R, Recover Onto L
3&4 Step R Forward, Step L Next To R, S Step R Forward
5,6 Step Forward On L, Pivot Half Turn Right
7&8 Step L To Left Side, Step R Next To L, Step L To Left Side

Section 4: Behind Side Cross Shuffle, Back Rock Forward Shuffle

1,2 Step R Behind L , Step L To Left
3&4 Cross R Over L Step L To Left, Cross R Over L
5,6 Rock Back On L, Recover Onto R
7&8 Step L Forward, Step R Next To L, Step R Forward

Section 5: Side Rock Cross Shuffle, Right And Left

1,2 Rock R to right Side, Recover onto L
3&4 Cross R over L, Step L to Left, cross R over L
5,6 Rock L to Left Side, Recover onto R
7&8 Cross L over R, Step R to Right, cross L over R

**** Restarts Here Walls 3(Start Wall 4) & 6 (start Wall 7)**

Section 6: Modified Rumba Box With Shuffles

1,2 Step R To Right Side, Step L Next To R
3&4 Step R Forward, Step L Next To R, S Step R Forward
5,6 Step L To Left Side, Step R Next To L
7&8 Step L Back, Step R Next To L, Step L Back

A special thanks to my husband, Dr Shafik Parker for suggesting this song.
This dance is dedicated to Carmen and Glenn who just celebrated their 90th And 81st Birthdays..
They first danced with Pat Roberts and now with Emma De Wee)
Also To All Seniors Who Are "Forever Young".

Contact: gabbyparker5@gmail.com