

Forever Young

拍數: 64 牆數: 0 級數: Intermediate
編舞者: Ressia Giusi (IT) - April 2018
音樂: Young Forever - High Valley



Sequence: A-A-TAG1-8 counts hold-A-A-TAG1-TAG2-A(32)-A(restart with TAG3)-TAG1

A[1-8] CHASSE', ROCK BACK, KICK BALL CROSS, 1/2 TURN RIGHT

1&2 R step side, L step together, R step side
3-4 L step behind R, recover on R
5&6 L kick fwd, L next to R, cross R over L
7-8 ¼ turn R and L step back, ¼ turn R and R step side

A[9-16] WEAVE, KICK BALL CROSS, 1/4 TURN

1-4 cross L over R, R step side, cross L behind R, R step side
5&6 L kick fwd, L next to R, cross R over L
7-8 ¼ turn R and L step back, R step together

A[17-24] CROSS, HOLD, CROSS, HOLD, ROCK SIDE, ROCK BACK

1-2 cross L over right, hold
&3-4 R step side, cross L over R, hold
5-6 R step side, recover on L
7-8 R step behind L, recover on L

[25-32] STOMP, HOLD, ½ TURN, STOMP, HOLD, ½ TURN, TOUCH, STEP BACK, DRAG

1-2 R stomp fwd, hold
&3-4 ½ turn L, L stomp fwd, hold
5-6 ½ turn L and R step back, L touch together
7-8 L long step back on L diagonal, drag R to the L (weight on L)

Restart here on 5 wall with TAG 3

A[33-40] SHUFFLE BACK, COASTER STEP, ½ STEP TURN, FULL TURN

1&2 R step back, L step together, R step back
3&4 L step back, R step together, L step fwd with clap
5-6 R step fwd, ½ turn left and recover on L
7-8 ½ turn L and R step back, ½ turn L and L step fwd

A[41-48] WALK, SCUFF, HITCH, STEP, FULL TURN, ¼ SAILOR TURN

1-2 R step fwd, L step fwd
3&4 R scuff, R hitch, R step back
5-6 ½ turn L and L step fwd, ½ turn L and R step back
7&8 L cross behind R, ¼ turn L and R step side, L step fwd

A[49-56] CROSS, TOUCH, HEEL, TOUCH, ½ MONTEREY, STOMP-UP X2

1-2 R cross over L, L toe touch behind R
&3-4 recover on L, R heel forward, R toe touch side
5-6 ½ turn R and R step together
7-8 L stomp-up together, L stomp-up together

A[57-64] STEP, TOUCH, CROSS, TOUCH, ¼ JAZZ BOX

1-2 L step fwd, R toe touch side
3-4 R cross over L, L toe touch side
5-6 cross L over R, R step back

7-8 ¼ turn L and L step side, R stomp-up together

REPEAT

TAG 1 (32 counts) After 2nd e 4th wall

***[1-8] VINE, CROSS, ¼ TURN, ROCK, ½ TURN, STEP, ¼ TURN, SCUFF**

1-4 R step side, L cross behind R, R step side, L cross over R
&5-6 ¼ turn R, R step fwd, recover on L
&7-8 ½ turn R, R step fwd, ¼ turn R and L scuff

***[9-16] VINE, CROSS, ¼ TURN, ROCK, ½ TURN, STEP, ¼ TURN, SCUFF**

1-4 L step side, R cross behind L, L step side, R cross over L
&5-6 ¼ turn L, L step fwd, recover on R
&7-8 ½ turn L, L step fwd, ¼ turn L and R scuff

***[17-24] STEP, HOOK, SHUFFLE FWD, SHUFFLE BACK, CHASSE'**

1-2 R step side, ¼ turn L and L hook over R
3&4 L step fwd, R step together, L step fwd
&5&6 ½ turn L, R step back, L step together, R step back
&7&8 ¼ turn L, L step side, R step together, L step side

***[25-32] STOMP OUT, HOLD, STOMP OUT, HOLD, SHUFFLE BACK, COASTER STEP**

1-2 R stomp out, hold
3-4 L stomp out, hold
5&6 R step back, L step together, R step back
7&8 L step back, R step together, L step fwd

TAG 2 (32 counts) at the end of 4th wall after tag1

#[1-8] MODIFIED RUMBA BOX

1-2 R step side, L next to R
3-4 R step fwd, L step side
5-6 R step back, L next to R
7-8 R step side, hold

#[9-16] CLAP TWICE, GRAPEVINE, SCUFF, HITCH, STOMP, HOLD

1-2 clap, clap
3-4 R step side, L cross behind R
5-6 ¼ turn R and R step fwd, L scuff
&7-8 ¼ turn R and L hitch, L stomp together, hold

#[17-24] CLAP TWICE, GRAPEVINE, SCUFF, HITCH, STOMP, HOLD

1-2 clap, clap
3-4 R step side, L cross behind R
5-6 ¼ turn R and R step fwd, L scuff
&7-8 ¼ turn R and L hitch, L stomp together, hold

#[25-32] CLAP TWICE, HOLD, SHUFFLE BACK, COASTER STEP

1-2 clap, clap
3-4 hold, hold
5-6 R step back, L step together, R step back
7-8 L step back, R step together, L step fwd

TAG 3: On 5th wall, at Restart, change counts 1-4 with

1-2 R long step back on R diagonal, drag L to the R
3-4 L stomp together, hold (weight on R)

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