

# Forever Young

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Sylvia Elwyn (USA) - March 2021  
音樂: Forever Young - Rod Stewart : (amazon)



## #32 Count intro - Start weight L

### CROSS, POINT, CROSS, POINT; SHUFFLE, HOOK, SHUFFLE HOOK

1-4            Cross R over L, touch L to left side; Cross L over R, touch R to right side  
5&6           Step R, step L, step R, Hook L  
7&8           Step L, step R, Step L, Hook R

### ROCK BACK, PIVOT ½ TURN L, KICK-BALL TOUCH, PIVOT TURN R

1-2            Step back Right, recover L,  
3-4            Step forward R, pivot ½ turn L, weight on L  
5&6           Kick forward R, step R home, touch L home  
7,8            Step forward L, Pivot ½ turn R, weight on R

### CHA CHA ZIG-ZAG PROGRESSIVE

1-2            Step L side, Touch R beside L  
3&4           Step forward L, step R beside L, step forward L  
5-6           Step side R, Touch L beside R  
7&8           Step forward R, step L beside R, step forward R

### WALK BACK X2, COASTER STEP L, STEP OUT R & L ¼ TURN, TWIST HEELS

1-2            Walk back L, walk back R  
3&4           Step back L, step R together, Step L forward  
5&6           Touch R out to side, recover R next to L, making ¼ turn L to 3:00 , Touch L out to side,  
                recover L next to R  
7-8            Twist heels to right, bending knees, return heels to center, weight on L

## Repeat

Tag and Restart: On wall 8, dance 12 counts, Tag: Step forward R, Pivot ½ turn L, weight on L, Step forward R, pivot ½ turn R, weight on left, step R, Step L beside R  
Restart dance on Wall 8 (9:00)

Ending: Start facing 6:00. Dance 24 counts, Pivot ½ turn R to face 12:00

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