

Forever Young

COPPER KNOB
BY STEPHEN HETS

拍數: 40 牆數: 2 級數: Improver
編舞者: Cheryl Carter (UK) - March 2021
音樂: Forever Young - Los Quarantinos



Intro: 16 count. Start on vocal at approx 16 secs.

Section 1 SIDE, BEHIND & CROSS ROCK, 1/4, 1/4 CHASSE, TOUCH, HITCH

1 2 & Step large step to R, cross L behind R, step R to R side
3 4 Cross rock L over R, recover weight on R
5 6 & 7 Turn 1/4 L step forward onto L, turn 1/4 L step onto R, close L next to R, step R to R side
8 & Touch L next to R, hitch L knee

Section 2 BACK, BACK, BACK ROCK STEP, ROCKING CHAIR, WALK, WALK

1 2 Step back on L sweeping R from front to back, step back R sweeping L from front to back
3 & 4 Rock back on L, recover weight on R, step forward L
5 & 6 & Rock forward on R, recover weight on L, rock back on R, recover weight on L
7 8 Walk forward on R, walk forward on L

Section 3 STEP, 1/4, CROSS, 1/4, 1/4, CROSS, ROCK FORWARD, ROCK SIDE, COASTER

1 & 2 Step forward R, turn 1/4 L step onto L, cross R over L
3 & 4 Turn 1/4 R stepping back onto L, turn 1/4 R stepping onto R, cross L over R
5 & 6 & Turn 1/8 R (on the diagonal facing 11:30) rock forward on R, recover back on L, rock R to R side, recover weight across on L
7 & 8 Step back R, close L next to R, step forward R (on the diagonal)

BRIDGE: after count 24 on walls 1,2,3,4 and then continue on with the dance

Section 4 CROSS SHUFFLE, WEAVE, DRAG, BACK ROCK, 1/4, 1/4

1 & 2 Sweep L round and turn 1/8 R Crossing L over R, step R to R side, cross L over R (12:00)
3 & 4 & Step R to R side, cross L behind R, step R to R side, cross L over R
5 6 & Step a big step to R side dragging the L towards R, rock L behind the R, recover weight on R
7 8 Turn 1/4 R stepping back on L, turn 1/4 R stepping forward onto R

Section 5 CROSS SHUFFLE, WEAVE, DRAG, BACK ROCK, SIDE, TOUCH

1 & 2 Crossing L over R, step R to R side, cross L over R (6:00)
3 & 4 & Step R to R side, cross L behind R, step R to R side, cross L over R
5 6 & Step a big step to R side dragging the L towards R, rock L behind the R, recover weight on R
7 8 Step L to L side, touch R next to L

BRIDGE : WALK, WALK

1 2 Step forward L, step forward R (keeping on the diagonal)

PLEASE NOTE : AFTER EACH BRIDGE YOU CONTINUE ON WITH THE DANCE :) xx