

# Forever Young

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Sonja Hemmes (USA) - February 2022  
音樂: Forever Young - Rod Stewart



## Start on Lyrics

### ROCK & CROSS, SIDE, CROSS, RIGHT THEN LEFT

1-2            Rock right to right side, step on left  
3&4           Step right in front of left, step left to left side, step right in front of left  
5-6           Rock left to left side, step on right  
7&8           Step left in front of right, step right to right side, step left in front of right

### STEP TOGETHER, TURN 1/2 RIGHT, STEP TOGETHER, ROCK FORWARDS

1&2           Step right to right side, step left next to right, step right to right side  
3&4           Step left turning 1/2 right, step right next to left, step left to left side  
5&6           Rock right forward in front of left, step on left, step right next to left  
7&8           Rock left forward in front of right, step on right, step left next to right

### LOCK STEP FORWARD, RIGHT SAILOR TURN 1/4 RIGHT, CROSS SHUFFLE

1&2           Step right forward, step left forward behind right, step right forward  
3&4           Step left forward, step right forward behind left, step left forward  
5&6           Cross step right behind left, making a 1/4 turn right, ball stepping left next to right, step right forward  
7&8           Left foot forward in front of right, right to right side, left in front of right

### MAMBO RIGHT, MAMBO LEFT, STEP PIVOT 1/4 LEFT, STEP PIVOT 1/4 LEFT

1&2           Step right to right side, step on left, step right next to left  
3&4           Step left to left side, step on right, step left next to right  
5-6           Step right forward, pivot 1/4 left on balls of feet  
7-8           Step right forward, pivot 1/4 left on balls of feet

**RESTART:** In the 8th rotation, facing the 3 o'clock wall, dance first 16 counts, then restart the dance

Enjoy dancing to Rod Stewarts music!