

Forever Young

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Heru Tian (INA) - March 2023
音樂: Forever Young - UNDRESSD & Ellie May



No Tag, No Restart

Intro : 16 C

Section 1 : R Cross – L Hitch – Modified Weave to R – R Side Rock

1234 Cross Rf over Lf (1), Hitch Lf facing R Diagonal (2), Cross Lf over Rf (3), Step Rf to R Side (4)
5&6 Cross Lf Behind Rf (5), Step Rf to R Side (&), Cross Lf over Rf (6)
78 Rock Rf to R Side (7), Recover on Lf (8)

Section 2 : R Rock Back – R Side Rock – R Cross - L ¼ Turn R Back – R ½ Turn R Shuffle

1234 Rock Rf back (1), Recover on Lf (2), Rock Rf to R side (3), Recover on Lf (4)
56 Cross Rf over Lf (5), Make a ¼ Turn R, Step Lf back (6) facing 3.00
7&8 ¼ Turn R, Step Rf to R Side (7), Step Lf Next to Rf (&), ¼ Turn R, Step Rf fwd (8) facing 9.00

Section 3 : ¼ Turn R – L Big Step Side – Hold – R Ball – L Cross – R Side Point – R Fwd Heel Touch – Hold – R Fwd – L Touch – L Back – R Fwd Heel Touch

12&34 Make a ¼ Turn R, Facing 12.00, Take a long step Lf to L Side (1), Hold (2), Ball Rf next to Lf (&), Cross Lf over Rf (3), Point Rf to R Side (4)
56&7&8 Tap Rf heel fwd (5), Hold (6), Step Rf fwd (&), Touch Lf Next to Rf (7), Step Lf back (&), Tap Rf heel fwd (8)

Section 4 : R Back – L Fwd Heel Touch – Hold - L Fwd – R Touch – R Back – L Fwd Heel Touch – L Ball – R Fwd – L Pivot ¼ Turn R – L Cross – R Side Rock

&12&3&4 Step Rf backward (&), Tap Lf heel fwd (1), Hold (2), Step Lf fwd (&), Touch Rf next to Lf (3), Step Rf back (&), Tap Lf heel fwd (4)
&5 Ball Lf Next to Rf (&), Step Rf fwd (5)
6&7 Step Lf fwd (6), Pivot ¼ turn R, Step Rf in place (&), Cross Lf over Rf (7) facing 3.00
8& Rock Rf to R Side (8), Recover on Lf (&)

Start again...

Enjoy the dance
Herutian79@gmail.com