

# Forever Young 2024

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Annie Annoy (INA) - November 2024  
音樂: Forever Young - Alphaville & LABACK Remix 2024



## \*SEC 1: CROSS ROCK, CHASSE R, CROSS ROCK, CHASSE ¼ L\*

1 2      Cross rock right over left, Recover on left  
3&4      Step R to the right side, Step L next to right, Step R to right side  
5 6      Cross rock L over R, Recover on right  
7&8      Step L to left side, Step R next to L, ¼ L stepping forward on L [9:00]

## \*SEC 2: ¼ JAZZ BOX TURN R, FORWARD, RECOVER, BACK, HOOK\*

1 2 3 4      Step cross R over L , 1/4 back L turn to R , side R to side , L forward  
5 6 7 8      Rock forward on right, Recover on left, Rock back on right, Touch L toes in front of right foot

## \*SEC 3: FORWARD L, ½ PIVOT L, STEP FORWARD RL, HEEL BOUNCE\*

1 2 3 4      Step L forward, step forward R, pivot ½ turn left (weight ending on left), step right forward  
5 6 7 8      Step L forward, bounce heels to the L (6) Making a 1/16 turn right, bounce heels to the L (7)  
Making a 1/16 turn right, bounce heels to the L (8) Making a 1/16 turn right, bounce heels to the L (8) [9:00]

## \*SEC 4: L CROSS, SIDE R, CROSS L BACK, RECOVER R, ½ TURN R, L BACK SHUFFLE , ¼ TURN R, SIDE, CLOSE L\*

1 2 3 4      Cross L over R, Step R to right side, Cross L back R (angling your body with bring both arm up), recover your weight onto the R  
5&6 7 8      Step back on L, step R next to L (&), step back on R, Make a ½ turn R stepping side on R, step L close next to R

\*NO TAG NO RESTART\*

\*\_Enjoy it and have fun\_\*

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Last Update: 12 Nov 2024