Dance Forever

拍數: 32	**牆數:** 4	**級數:** Beginner / Improver

編舞者: Derek Robinson (UK) - December 2024

音樂: Young Forever (Latino Remix) - Lian Ross : (Greatest Hits and Remixes)

The dance was choreographed by Derek Robinson to celebrate his 91st birthday

#32 count intro - Start with vocals on the word "young" - No tags or restarts

Sec 1 MAMBO SWAYS FORWARD, WALK ½ CIRCLE RIGHT

1&2	With weight on left touch right to side swaying hips right, recover onto left, step forward on right
3&4	With weight on right touch left to side swaying hips left, recover onto right, step forward on left
5-6-7-8	Walk in a wide ½ circle right (with attitude), stepping - R L R L (6.00)

Sec 2 FORWARD ROCK, COASTER STEP, SIDE ROCK, SAILOR ¼ TURN

1-2	Rock forward on right, recover onto left
3&4	Step back on right, step left beside right, step forward on right
5-6	Rock to left side on left, recover onto right
7&8	Turning ¼ left cross left behind right, step right to right side, step left in place (3.00)

Sec 3 FORWARD, POINT, BACK, POINT, FORWARD ROCK, SHUFFLE ½ TURN

1-2-3-4	Step forward on right, point left toe to side, step back on left, point right toe to right side
5-6	Rock forward on right, recover onto left
7&8	Shuffle back ½ turn right stepping R L R (9.00)

Sec 4 ACROSS, SIDE, BEHIND-SIDE-CROSS, SIDE ROCK, BACK ROCK

1-2	Cross left over right, step right to right side,
3&4	Cross left behind right, step right to right side, cross left over right
5-6	Rock to right side on right, recover onto left
7-8	Rock back on right, recover on left

Begin again

Ending: Adjustment not required - The dance finishes at the end of wall 12 facing the front