

Forever Young

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Thomas C. Tam (CAN) - July 2009
音樂: Forever Young (Crystal Radio Mix) - Ella
或: Forever Young (Pop Radio Mix) - Ella



Intro:

Crystal Radio Mix – 32 counts (~16 sec) – start on heavy drum beat

Pop Radio Mix – 72 counts (~32 sec)

RIGHT VINE, SCUFF; LEFT VINE ¼ TURN LEFT, SCUFF

1-4 Step R to right side, step L behind R, step R to right side, scuff L to right diagonal

5-8 Step L to left side, step R behind L, turn ¼ left stepping L forward, scuff R forward (9:00)

ROCKING CHAIR; FORWARD, HEEL BOUNCE X3 ½ TURN LEFT

1-4 Step R forward, recover on L, step R back, recover on L

5-8 Step R forward, bounce heels thrice turning ½ left transferring weight to L (3:00)

ROCK, RECOVER, TRIPLE ½ TURN RIGHT; ROCK, RECOVER, LEFT COASTER STEP

1-2 Rock R forward, recover on L

3&4 Turn ¼ right stepping R to right side, step L next to R, turn ¼ right stepping R forward (9:00)

5-6 Rock L forward, recover on R

7&8 Step L back, step R next to L, step L forward

DISCO STEP ¼ TURN LEFT X2

1-4 Step R to right side, touch L next to R, turn ¼ left stepping L forward, touch R next to L (6:00)

5-8 Step R to right side, touch L next to R, turn ¼ left stepping L forward, touch R next to L (3:00)

START AGAIN
