

Always Forever Young

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Easy Intermediate
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音乐: Forever Young - Laura Branigan



I. CROSS, SIDE, CROSS, SIDE, 1/8 L SERPIENTE, 1/4 L FORWARD

- 1 Cross R over L
- 2&3 Recover on L, step R to side, cross L over R
- 4&5 Recover on R, 1/8 turn left step L forward, step R forward while sweep L (10.30)
- 6&7 Cross L over R, step R to side, step L back while sweep R
- 8&1 Cross R behind L, 1/4 turn left step L forward, step R forward (7.30)

II. 3/8 R PIVOT, FORWARD, TOUCH, STEP, SWEEP, SAILOR, WALK

- 2&3 Step L forward, 3/8 turn right step R in place, step L forward (12.00)
- &4 Touch R behind L, step R in place while sweep L
- 5&6 Cross L behind R, step R to side, step L forward
- 7-8 Step R forward, step L forward

#Restart after 20 counts facing 6.00 on 3rd wall, after 16 counts on 6th wall

III. 1/2 L, BEHIND, SIDE, FORWARD, CROSS, 1/4 R BACK, BACK, HOOK, FORWARD, 1/2 L BACK, BACK, HOOK, FORWARD

- 1-2& 1/2 Turn left step R back while sweep L, cross L behind R, step R to side
- 3-4& Step L forward, cross R over L, 1/4 turn right step L back
- 5-6& Step R back while hook L, step L forward, 1/2 turn left step R back
- 7-8 Step L back while hook R, step R forward (3.00)

IV. BASIC NC, SPIRAL, SHUFFLE, CROSS, BACK, BACK, CROSS, BACK, BACK

- 1-2& Long step L to side, step R slightly behind L, cross L over R
- 3-4& Cross R over L and 3/4 L spiral (6.00), step L forward, step R next to L
- 5-6& Step L forward while sweep R, cross R over L, step L back diagonal
- 7&8& Step R back diagonal, cross L over R, step R back diagonal, step L back diagonal

Enjoy the dance!

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