

# Forever Young

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: GoWildWest Isabel (CH) - April 2025  
音乐: Forever Young - David Guetta, Alphaville & Ava Max



**Intro: start immediately**

## Part 1: Knee, Hitch, Slide, Rock Back

1, 2      weight on RF and knee side right, weight on LF and knee side left  
3, 4      weight on RF, right knee hitch  
5, 6      RF slide right, hold  
7, 8      LF rock back, weight on RF

## Part 2: Slide Turn, Rock Back, Rock Recover Turn, Scuff

1, 2      LF slide left, hold  
3, 4      turn 1/4 R and RF rock back, hold  
5, 6      turn 1/2 L and LF rock fwd, weight on RF  
7, 8      turn 1/2 L and LF step fwd, RF scuff

## Part 3: Diagonal Teeter, Rock Back, Cross Behind, Side Rock, Hold

1, 2      RF step diagonal R fwd, hold (full weight on RF)  
3, 4      weight on LF, hold (full weight on LF) so you teeter from RF to LF  
5, 6      RF cross behind, LF rock side left  
7, 8      RF step right, hold

## Part 4: Cross, Swipe Turn, Rock Recover, Heel Strut Turn

1, 2      LF cross in front, RF turn 1/4 L  
3, 4      LF swipe with turn 1/4 L, LF step fwd  
5, 6      RF rock fwd, weight on LF  
7, 8      RF step back and same time turn 1/2 L with left Heel, LF strut

## Part 5: Diamond Slide Touch : R, L, R,L

1, 2      turn 1/4 L & RF step right diagonal, LF touch  
3, 4      turn 1/4 L & LF step left diagonal, RF touch  
5, 6      turn 1/4 L & RF step right diagonal, LF touch  
7, 8      turn 1/8 L & LF step left, RF touch

## Part 6: Knee Pop Turn, Heel Strut Turn, Bounce Turn

1      RF step fwd  
+2      turn 1/4 L with pop knee (knee out and heel up, heel down)  
3, 4      turn 1/4 L with LF heel, LF strut  
5-7      RF step fwd, turn 1/2 L on both feet and bounce  
8      weight on RF

## Part 7: 2x Cross with Heel out, Touch & Touch, Toe Strut Turn

1, 2      LF cross in front, RF step right (same time do with LF an heelgrind left out)  
3, 4      LF cross in front, RF step right (same time do with LF an heelgrind left out)  
5+      LF touch, weight on LF  
6+      RF touch, weight on RF  
7, 8      turn 1/2 L with LF toe, LF strut

## Part 8: Slide, Knee Pop, Heel Fan

- 1, 2 RF slide right, hold
- 3+4 weight on both feet, knee pop with heel up, heel down
- 5+ RF heel out, heel in
- 6+ LF heel out, heel in
- 7+ RF heel out, heel in
- 8+ RF heel out, heel in

**Last Update: 8 Apr 2025**

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