

Last Forever

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: Rhoda Lai (CAN) - March 2025
音乐: When I Get Old - Christopher & CHUNG HA



<https://music.apple.com/gb/song/when-i-get-old/1648482552>

Intro: No intro Sequence: ABB AB BB AB AB

Part A (32 counts)

S1,2 L Fwd Sweep, R Rock Fwd Recover ¼ R, Rolling L, L Night Club Basic, R Side Rock Cross, L Side

1234 Step L Fwd, sweep R, Rock R Fwd, recover onto L
56 ¼ R stepping R to R side, put both hands on the face (wrinkles!) to match the lyrics "old" (3:00)
78 12 ¼ L stepping Fwd L, ½ L stepping R back, ¼ L stepping L to L side, hold (3:00)
34 Step R behind L, cross L over R looking back over the L shoulder
5678 Rock R to R side, recover onto L sweeping R Fwd, cross R over L, step L to L side

S3,4 R Behind Sweep, L Behind, ¼ R, L Fwd, R Fwd Pivot ½, R Fwd Spiral Full, L Fwd, R Fwd Pivot ½, Fwd L R

12 step R behind, sweep L to the back
3456 Step L behind R, ¼ R stepping R Fwd, step Fwd L, hold (6:00)
78 12 Step R Fwd, pivot ½ L, step Fwd R, spiral full L (12:00)
34 Step Fwd L, hold
5678 Step Fwd R, pivot ½ L with weight remaining on R, walk Fwd L, R (6:00)

Note: Alternatively, we can use the NC counting for Part A as follows

S 1&2: 1 2&, 3, 4&5, 6&, 7&8& S 3&4: 1, 2&3, 4&5, 6, 7&8&

Part B (32 counts) (The first B starts at 6:00, but the clock reference is made as if it starts at 12:00)

S1 L Fwd Scuff R, R Back Sit, Hips Bumps Fwd & Back, L Shuffle Fwd

12 Step Fwd L, scuff R beside L,
34 step R back, sit onto R while popping L knees & look back over the R shoulder
56 Straighten up and bump hips Fwd, bump hips back
7&8 Step L Fwd, step R beside L, step L Fwd

S2 R Fwd Pivot ¼ L, Weave L, Point L, L Cross Shuffle

12 Step Fwd R, pivot ¼ L (9:00)
3456 Cross R over L, step L to L side, step R behind L, point L toes to L side
7&8 Cross L over R, step R to R side, cross L over R

S3 ½ R R Kick Step, L & R Toes Switches, Touch L Toes Back, Body Roll, R Coaster Step

1&2 Turn ½ R Kick R Fwd, step R slightly back, touch L toes Fwd (10:30)
&3& Step L in place, touch R toes Fwd, step R beside L
456 Lean body Fwd while touching L toes back, step L in place and make a body roll back over 2 counts
7&8 Step R back, step L beside R, step R Fwd

S4 L Fwd Rock Recover, L Shuffle ¾ L, R Kick, Tuck L Behind, Unwind Full L

12 Rock Fwd L, recover onto R
3&4 ¾ L stepping L Fwd, step R behind L, step L Fwd (6:00)
5&6 Kick R Fwd, step R in place, tuck L behind R
78 Unwind a full turn L with ending weight on R

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