

Forever Young

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Martie Papendorf (SA) - October 2012
音乐: Forever Young - Rod Stewart



Start on vocals. - 1 Restart

S1: Rock across back, Back lock back, Rock back fwd, Fwd lock fwd

1,2 Rock L across R, Recover R back,
3&4 Step L back, Lock R across L, Step L back,
5,6 Rock R back, Recover L fwd,
7&8 Step R fwd, Lock L behind R, Step R fwd

S2: Cross, Side, Sailor ½ left, Cross, Side, Sailor step across

1,2 Step L across R, Step R to right side,
3&4 Sweep and step L behind R making a ¼ turn left, [9.00] Rock R to right side making a ¼ turn left [6.00], Recover L to left side,
5,6 Step R across L, Step L to left side,
7&8 Sweep R out and step behind L, Step L to left side, Step R across L

Restart here during wall 8 facing 12.00

S3: Side, Together, Fwd, Lock, Fwd, Step, Pivot ¼ left, Coaster cross

1,2 Step L to left side, Close R to L,
3&4 Step L fwd, Lock R behind L, Step L fwd,
5,6 Step R fwd, Make a ¼ pivot turn left [weight to L][3.00],
7&8 Step R back, Close L to R, Step R across L

S4: Step, Hitch, Cross, Back ¼ right, Side, Cross, Hold, Step, Cross, Side

1,2 Step L fwd, Hitch R knee,
3&4 Step R across L, Step L back making a ¼ turn right [6.00], Step R to right side,
5,6 Step L across R, Hold,
&7,8 Step R to right side, Step L across R, Step R to right side

Restart: after section 2 during wall 8, facing 12.00