

Forever Young

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate NC2S
編舞者: Monique LeCunff (CAN) - January 2025
音樂: Forever Young - David Guetta, Alphaville & Ava Max



Note: This dance is counted in the style of Nightclub 2-Step, so "12&34&" rather than a straight "1234...", where 12& is a Slow, Quick, Quick
Intro: (NC2S Style) 12&34& Start!

[1-8] R Night Club Basic, 1/4 L Step w/ RF Lift, Walk R-L, 1/4 Side Rock, Sway-Sway, Step Sweep, Cross-Side

- 1 2& 1) Step Side RF, 2) Rock Back LF, &) Step RF Across LF [12:00]
- 3 3) Turn ¼ left [to face 9:00] stepping forward LF as you lift RF forward
- 4& 4) Step forward RF, &) Step forward LF
- 5 6& 5) Turn ¼ left [to face 6:00] with rock step/sway side RF, 6) Recover with a sway left, &) Sway right
- 7 8& 7) Step LF to front left diagonal [4:30] as you sweep RF from back to front, 8) Step RF across LF,
- & Step Side LF [6:00]

[9-16] Step Back w/Sweep, Back-Side, Forward w/ Lift Hitch, Forward-Cross, 1/4 Side Rock, Sway-Sway, 1/4 Forward, Full Travelling Turn

- 1 1) Step back RF as you sweep LF from front to back [6:00]
- 2& 2) Step back LF, &) Step side R
- 3 3) Step forward LF as you hitch your right knee with toe pointed (styling, "lift" by raising up on the LF)
- 4&5 4) Step forward RF, &) Step LF across RF, 5) Turn ¼ left [to face 3:00] stepping side RF
- 6&7 6) Sway left, &) Sway right, 7) Turn 1/4 left [to face 12:00] stepping forward LF
- 8& 8) Turn ½ left [to face 6:00] stepping back RF, &) Turn ½ left [to face 12:00] stepping forward LF

[17-24] Cross Rock, Back-Side, Cross Rock, Back-Side, Cross, Side-Cross, 1/4 , 1/2 Pivot

- 1 1) Rock RF forward across LF [12:00]
- 2&3 2) Recover on LF, &) Step RF next to LF, 3) Rock LF forward across RF
- 4&5 4) Step back RF, &) Step LF next to RF, 5) Step RF across LF
- 6&7 6) Step side LF, &) Step R across LF, 7) Turn 1/4 left [to face 9:00] stepping forward LF
- 8& 8) Step forward RF, &) Turn ½ left [to face 3:00] taking weight on LF

[25-32] Full R Spiral Turn, Forward Chassé, 1/4 Turn Fallaway "Diamond" "Diamond", Side-Cross

- 1 1) Small step forward RF into full spiral turn right with weight ending on RF [3:00]
- 2&3 2) Step forward LF, &) Step forward RF, 3) Step forward LF
- 4&5 4) Step RF across LF, &) Turning 1/8 right [to face 4:30, moving back towards 11:30] Step back LF, 5) Step back RF
- 6&7 6) Step back LF, &) Turn 1/8 right [to face 6:00] stepping side RF, 7) Step LF across RF
- 8& 8) Step side RF, &) Step LF across RF

Ending: On the last wall, as the music slowly ends – adjust the last couple counts of the dance to face front:

- 8&1 8) Turn ¼ right stepping back RF [9:00], &) Turn 1/4 turn Right stepping side LF [12:00], 1) Step RF across LF

Enjoy and Happy Dancing !

