

Forever Young

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: GoWildWest Isabel (CH) - April 2025
音樂: 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 infront, 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 infront, RF step right (same time do with LF an heelgrind left out)
- 3, 4 LF cross infront, 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 feets, 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
