

## Forever Young

32 Count, 2 Wall, Beginner

Choreographer: Martie Papendorf (South Africa) Oct 2012  
Choreographed to: Forever Young by Rod Stewart (102 bpm)

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### Start on vocals.

#### **1 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

#### **2 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**

#### **3 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

#### **4 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**