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## Forever Young

40 Count 2 Wall Improver Level Dance
Choreographed by: Cheryl Carter (UK) Mar 2021
Choreographed to: Forever Young by Los Quarantinos Intro: 16 Counts. Start on vocal at approx 16 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 SIDE, BEHIND \& CROSS ROCK, ¼, 14 CHASSE, TOUCH, HITCH
1-2\& Step large step to $R$, cross $L$ behind $R$, step $R$ to $R$ side
3-4 Cross rock $L$ over $R$, recover weight on $R$
5-6\&7 Turn $1 / 4 L$ step forward onto $L$, turn $1 / 4 L$ step onto $R$, close $L$ next to $R$, step $R$ to $R$ side (6:00)
8\& Touch L next to R, hitch L knee

SEC 2 BACK, BACK, BACK ROCK STEP, ROCKING CHAIR, WALK, WALK
1-2 Step back on $L$ sweeping R from front to back, step back R sweeping $L$ from front to back
3\&4 Rock back on $L$, recover weight on $R$, step forward $L$
5\&6\& Rock forward on $R$, recover weight on $L$, rock back on $R$, recover weight on $L$
7-8 Walk forward on $R$, walk forward on $L$

SEC 3 STEP, $1 \not 14$, CROSS, $1 / 4,1 / 4$, CROSS, ROCK FORWARD, ROCK SIDE, COASTER
1\&2 Step forward $R$, turn $1 / 4 L$ step onto $L$, cross $R$ over $L$ (3:00)
3\&4 Turn $1 / 4 R$ stepping back onto $L$, turn $1 / 4 R$ stepping onto $R$, cross $L$ over $R(9: 00)$
5\&6\& Turn $1 / 8 R$ rock forward on $R$, recover back on $L$, rock $R$ to $R$ side, recover weight across on $L$ (10:30)
7\&8 Step back R, close $L$ next to $R$, step forward $R$ (on the diagonal)

Bridge Here on walls $1,2,3,4$ and then continue on with the dance

SEC 4 CROSS SHUFFLE, WEAVE, DRAG, BACK ROCK, $1 / 4,1 / 4$
1\&2 Sweep $L$ round and turn $1 / 8 R$ Crossing $L$ over $R$, step $R$ to $R$ side, cross $L$ over $R(12: 00)$
$3 \& 4 \& \quad$ Step $R$ to $R$ side, cross $L$ behind $R$, step $R$ to $R$ side, cross $L$ over $R$
5-6\& $\quad$ Step a big step to $R$ side dragging the $L$ towards $R$, rock $L$ behind the $R$, recover weight on $R$
7-8 Turn $1 / 4 R$ stepping back on $L$, turn $1 / 4 R$ stepping forward onto $R(6: 00)$
SEC 5 CROSS SHUFFLE, WEAVE, DRAG, BACK ROCK, SIDE, TOUCH
1\&2 Crossing $L$ over $R$, step $R$ to $R$ side, cross $L$ over $R$
3\&4\& Step $R$ to $R$ side, cross $L$ behind $R$, step $R$ to $R$ side, cross $L$ over $R$
5-6\& $\quad$ Step a big step to $R$ side dragging the $L$ towards $R$, rock $L$ behind the $R$, recover weight on $R$
7-8 Step $L$ to $L$ side, touch $R$ next to $L$
Bridge After count 24 on walls 1,2,3,4 and then continue on with the dance WALK, WALK
1-2 Step forward L , step forward R (keeping on the diagonal)

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