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Forever Young

32 Count 4 Wall Low Advanced Level Dance. Choreographed by: Jo Kinser (UK), Grace David (KOR) & Jef Camps (BE) Sept 2023 Choreographed to: Forever Young by Becky Hill Intro: 8 Counts. Start at approx 7 secs.

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SEC 1 BEHIND SWEEP, WEAVE, RECOVER, ¼ FWD, FULL SPIRAL, FWD, STEP ¾ PIVOT, FWD COASTER

- 1 LF cross behind RF & sweep RF back
- 2&3 RF cross behind LF, LF step side, RF cross over LF
- 4&5 Recover on LF, ¹/₄ Turn to R & RF step Fwd, LF Step Fwd and make full spiral turn R (3:00)
- 6&7 RF step Fwd, LF step Fwd, make ³/₄ turn R putting weight on RF (7:30)
- &8& LF step Fwd, RF close next to LF, LF Step back

SEC 2 ROCK BACK, FULL TURN, SWEEP, CROSS, ½ TURN, RUN FWD, ROCK

- 1-2 RF rock back, Recover on LF
- &3 ¹/₂ turn L & RF step back, ¹/₂ turn L & step fwd while sweeping RF fwd
- 4&5 RF cross over LF, ¹/₄ turn R & LF step back, ¹/₄ turn R & RF step fwd (1:30)
- 6& LF walk fwd, RF walk fwd
- 7&8& LF rock fwd, Recover on RF, LF walk back, RF walk back
- Restart Here on Walls 2 and 5, restart the dance while making 1/8 turn to R

SEC 3 BEHIND, ¹/₈ SWEEP, BEHIND, ¹/₄ FWD, STEP, FULL SPIRAL,

STEP, ¹/₄ SIDE, TOGETHER, CROSS, ¹/₂ HINGE TURN, CROSS ROCK

- 1 LF cross behind RF & make 1/s turn R while sweeping RF backwards (3:00)
- 2&3 RF cross behind LF, ¹/₄ turn L & LF step fwd, RF step fwd & make full spiral turn L (12:00)
- 4&5 LF step fwd, ¼ turn L & RF step side, LF close next to RF (9:00)
- 6&7 RF cross over LF, ¹/₄ turn LF step back, ¹/₄ turn R & RF large step side (3:00)
- 8& LF rock across RF, Recover on LF

SEC 4 SWAY, LUNGE, ¼ HITCH, FULL TURN, NIGHTCLUB BASIC, ½ HINGE TURN, WEAVE

- 1-2 LF step side & sway L, Lunge R & stretch L leg into small point
- 3 ¹/₄ turn L putting weight on & hitch R-knee into figure 4 position to start full turn (12:00)
- 4& ¹/₂ turn L & RF step back, ¹/₂ turn L & LF step fwd
- 5-6& 1/4 turn L & RF large step side, LF rock behind RF, Recover on RF (9:00)
- 7&8& ¹/₄ turn R & LF step back, ¹/₄ turn R & RF step side, LF cross over RF, RF step side (3:00)
- Tag At the end of Wall 3, there is 1 count pause/hold before you restart the dance



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