



FOREVER YOUNG

Choreographed by
Jo Kinser, Grace David & Jef Camps (January '24)

Choreographed to
"Forever Young" by Becky Hill

Intro: 8 counts



32 COUNTS – LOW ADVANCED LEVEL – 4 WALL

Section 1	Cross Behind/Sweep, Behind-Side-Cross, Recover, 1/4 Fwd, Full Spiral, Fwd, Step, 3/8 Pivot, Fwd Slow 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 R & RF step forward, LF step forward and make full spiral turn R	3:00
6&7	RF step forward, LF step forward, make 3/8 turn R putting weight on RF	7:30
8&8	LF step forward, RF close next to LF, LF step back	
Section 2	Rock Back/Recover, Full Turn, Sweep, Cross, 1/2 Turn, Run Fwd, Rock Fwd/Recover	
1-2	RF rock back, recover on LF	7:30
3&3	1/2 turn L & RF step back, 1/2 turn L & LF step forward while sweeping RF forward	7:30
4&5	RF cross over LF, 1/4 turn R & RF step back, 1/4 turn R & RF step forward	1:30
6&	LF walk forward, RF walk forward	
7&	LF rock forward, recover on RF	
8&	LF walk back, RF walk back	
Section 3	Cross Behind, 1/8 Sweep, Behind, 1/4 Fwd, Step Fwd, Full Spiral, Step Fwd, 1/4 Side, Together, Cross, 1/2 Hinge turn, Cross Rock/Recover	
1	LF cross behind RF & make 1/8 turn R while sweeping RF sweep backwards	3:00
2&3	RF cross behind LF, 1/4 turn L & LF step forward, RF step forward and make full spiral turn L	12:00
4&5	LF step forward, 1/4 turn L & RF step side, LF close next to RF	9:00
6&7	RF cross over LF, 1/4 turn R & LF step back, 1/4 turn R & RF large step side	3:00
8&	LF rock across RF, recover on RF	
Section 4	Sway L, Lunge R, 1/4 & Hitch, Full turn, NC Basic, 1/2 Hinge Turn, Weave	
1-2	LF step side & sway L, lunge R and stretch L leg into a small point	
3	1/4 turn L putting weight on & hitch R-knee into a figure 4 position to start a full turn	12:00
4&	1/2 turn L & RF step back, 1/2 turn L & LF step forward	12:00
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
EXTRA'S		
Tag:	After wall 3 there is 1 count pause/hold before you restart the dance from the top	9:00
Restart:	In wall 2 (restart to 6:00), and wall 5 (restart to 3:00), you dance up to counts 16& (8& from the 2nd section), and you restart the dance while making 1/8 turn R.	

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