



FOREVER YOUNG

Choreographers: Kevin & Vicki Klein, Woodland, CA (USA)

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Email: kmklein3044@gmail.com

Phone: (530) 574-3044

Recording: *Forever Young*

Artist: Rod Stewart

Album: The Definitive Rod Stewart, Track #21

Availability: iTunes (as of Release date)

Footwork: Opposite unless noted otherwise (Woman's footwork in parentheses)

Phase/Rhythm: Phase V+0+2 Cha (Circular Cross Body, Chase With Full Turns)

Time/Speed: 4:06 at download; cut music at 3:23.35; increase speed 4.4% (DM/DW RPM 47)

Sequence: Intro, A, B, B, C, A, End

Difficulty: Average

INTRO (8 Measures)

(1-4) (VARSOUVIENNE FACING WALL, BOTH LEFT FOOT FREE) WAIT 2 MEAS.; PARALLEL CHASE.;

1-2 Vars Pos facing wall, left ft free for both, wait 2 meas.;

3-4 [*Parallel Chase*] Sd L comm RF trn, rec R comp ¼ RF trn, fwd L/cl R, fwd L; fwd R comm LF trn, rec L comp ½ LF trn, fwd R/cl L, fwd R (Sd L comm RF trn, rec R comp ¼ RF trn, fwd L/cl R, fwd L; fwd R comm LF trn, rec L comp ½ LF trn, fwd R/cl L, cl R);

(5-8) LEFT LARIAT; WOMAN IN 4 (BFLY); ½-BASIC; TO A FAN;

5-6 [*Left Lariat*] Ck fwd L, rec R trn ¼ RF to face wall, in place L/R, L (Circle counter-clockwise fwd L, fwd R, fwd L/cl R, fwd L); In place R, L, R/L, R (Continue circle counter-clockwise fwd R, fwd L, fwd R, fwd L trn to face M) in BFLY;

7-8 [*½-Basic*] Fwd L, rec R, sd L/cl R, sd L; (Bk R, rec L, sd R/cl L, sd R); [*Fan*] Keeping lead hands joined step bk R, rec L, sd R/cl L, sd R; (Fwd L, trn LF step sd and bk R making ¼ LF trn, bk L/lock R, bk L leaving R extended no weight);

PART A (16 Measures)

(1-4) STOP & GO HOCKEY STICK.;; HOCKEY STICK (OVERTURNED).;

1-2 [*Stop & Go Hockey Stick*] Ck fwd L, rec right raising joined hands to lead W to a LF trn, in place L/R, L (Cl R, fwd L, fwd R/kl L, fwd R trn ½ LF under joined hands to end at M's right side); Ck fwd R with left sd stretch shaping to W placing right hand on her left shoulder blade to ck her movement, rec L raising left arm to lead W to RF underarm trn, in place R/L, R (M catches W with right hand on W's left shoulder blade to ck her movement rk bk L, rec R, fwd L/R, L trn ½ RF under joined hands to end facing M in Fan Position);

3-4 [*Hockey Stick Overturned*] Fwd L, rec R, in place L/R, L (Cl R, fwd L, fwd R/cl L, fwd R); Bk R, rec L, fwd R/cl L, fwd R facing Wall (Fwd L, fwd R trn LF to face M, bk L/cl R, bk L toward Wall);

5-8 OPEN HIP TWIST; TO A FAN; ALEMANA.;

5 [*Open Hip Twist*] Ck fwd L, rec R, small bk L/cl R, bk L pushing arm fwd gently to trn W; (Rk bk R, rec L, fwd R/kl L, fwd R swvl ¼ RF on R); [*Fan*] Repeat Intro, Measure 8;

7-8 [*Alemana*] Rk fwd L, rec R, bk L/cl R, small bk L leading W to trn RF (Cl R, fwd L, fwd R/cl L, fwd R comm RF turn); Bk R, rec L, sd R/cl L, sd R; (Cont RF trn under joined lead arms fwd L, cont RF trn fwd R to fc M, sd L/cl R, sd L);

(9-12) CHASE WITH UNDERARM PASS (BFLY).;; DOUBLE CUBANS.;

9-10 [*Chase With Underarm Pass*] Fwd L trn ½ RF keeping lead hands joined, rec fwd R, fwd L/cl R, fwd L (Cl R keeping lead hands joined, rec L, fwd R/cl L, fwd R toward M's right side); Bk R raising joined lead hands leading W to trn LF, rec L, small sd R/cl L, small sd R (Fwd L, fwd R turn ½ LF under joined lead hands to face M, small sd L/cl R, small sd L) to BFLY COH;

11-12 [*Double Cubans*] XLIF/rec R, sd L/rec R, XLIF/rec R, sd L (XRIF/rec L, sd R/rec L, XRIF/rec L, sd R); XRIF/rec L, sd R/rec L, XRIF/rec L, sd R (XLIF/rec R, sd L/rec R, XLIF/rec R, sd L);

(13-16) CHASE WITH UNDERARM PASS (BFLY).;; DOUBLE CUBANS (CP).;

13-14 Repeat Part A, Measures 9-10 to BFLY WALL.;;

15-16 Repeat Part A, Measures 11-12 to CP.;;

PART B (16 Measures)

1-4 ½-BASIC TO; FULL NATURAL TOP.;

1-4 Fwd L, rec R, fwd L comm RF turn/cl R comp ¾ RF trn, sd L to DRC (Bk R, rec L, fwd R comm RF trn/cl L comp ¾ RF trn, sd R to DLW); XRIB trn RF, sd L cont trn, XRIB cont turn/sd L cont trn, XRIB cont trn (Sd L trn RF, XRIF cont trn, sd L cont trn/XRIF cont trn, sd L); Sd L cont trn, XRIB cont trn, sd L cont turn/XRIB cont trn, sd L cont trn (XRIF cont trn, sd L cont trn, XRIF cont trn/sd L cont trn, XRIF cont trn); XRIB cont trn, sd L cont trn, XRIB cont turn/sd L cont trn, cl R (sd L cont trn, XRIF cont trn, sd L cont trn/XRIF cont trn, sd L);

