



www.soladance.co.uk info@soladance.co.uk 0779 176 1660

Young Forever

Choreographed by: Alison Biggs & Peter Metelnick (UK) January 2017

Choreographed to: 'Young Forever' by High Valley (146 bpm) from album Dear Life (32 count intro – start on vocals)

Restart: One Restart during Wall 3, at the end of Section 5

Section 1 Cross, Side Rock, Cross, 3/4 Reverse Turn, Step Pivot 1/4

1 – 2 Cross step right over left. Cross On the spot
2 – 4 Rock left to left side. Recover onto right. Cross step left over right. Side Rock Cross
5 – 6 Turning 1/4 left step right back. Turning 1/2 left step left forward. 3/4 Turn Turning left
7 – 8 Step right forward. Pivot 1/4 turn left. (12:00) Step Pivot

Section 2 Right Cross Point, Left Cross Point, Jazz Box 1/4 Turn Cross

1 – 2 Cross step right over left. Point left to side. Cross Point Forward
3 – 4 Cross step left over right. Point right to side. Cross Point
5 – 6 Cross step right over left. Step left back. Cross Back On the spot
7 – 8 Turning 1/4 right step right to side. Cross step left over right. (3:00) Quarter Cross Turning right

Section 3 Side Together, Side Rock, Back Rock, Side Together

1 – 2 Step right to side. Step left together. Side Together Right
3 – 4 Rock right to side. Recover onto left. Side Rock On the spot
5 – 6 Rock back on right. Recover onto left. Back Rock
7 – 8 Step right to side. Step left together. Side Together Right

Section 4 Side Rock, Back Rock, Step Pivot 1/2 Turn, Full Turn

1 – 4 Rock right to side. Recover onto left. Rock back on right. Recover onto left. Rock Side/Back On the spot
5 – 6 Step right forward. Pivot 1/2 turn left. Step Pivot Turning left
7 – 8 Turning 1/2 left step right back. Turning 1/2 left step left forward. (9:00) Full Turn

Option Omit full turn (counts 7 – 8) and walk forward: right, left.

Section 5 Forward Rock, Back Lock Step, 1/2 Turn, Step, Cross

1 – 2 Rock forward on right. Recover onto left. Rock Forward On the spot
3 – 4 Step right back. Lock step left across right. Back Lock Back
5 – 6 Step right back turning 1/4 left. Turning 1/4 left step left forward. (3:00) Half Turn Turning left
7 – 8 Step right forward. Cross step left over right. Step Cross Forward

Restart Wall 3: (starts facing 6:00) Step left forward on count 40 and Restart dance. (9:00)

Section 6 Side, Back Rock, Side, Behind, 1/4 Turn, Step Forward Right and Left

1 – 4 Step right to side. Rock back on right. Recover onto left. Step left to side. Side Rock Side On the spot
5 – 6 Cross step right behind left. Turning 1/4 left step left forward. (12:00) Behind Quarter Turning left
7 – 8 Step right forward. Step left forward. Walk Walk Forward

Section 7 Right Rocking Chair, Step Pivot 1/4 Turn, Step Forward Right and Left

1 – 4 Rock right forward. Recover onto left. Rock right.back. Recover onto left. Rocking Chair On the spot
5 – 6 Step right forward. Pivot 1/4 turn left. (9:00) Step Pivot Turning left
7 – 8 Step right forward. Step left forward. Walk Walk

Section 8 Step Pivot 1/2 Turn, Right Forward Lock Step, Left Forward Lock Step

1 – 2 Step right forward. Pivot 1/2 turn left. (3:00) Step Pivot Turning left
3 – 5 Step right forward. Lock left behind right. Step right forward. Right Lock Right Forward
6 – 8 Step left forward. Lock right behind left. Step left forward. Left Lock Left

Note Counts 3 – 8 go very slightly forward in the line of dance.