

FOREVER YOUNG

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 Music: Forever Young by Blake Shelton, Album: "Max" Soundtrack, download time 3:13
 Rhythm: Slow Two-Step Phase IV+0+3 (2-hand u/arm trn, the square, sunburst)
 Footwork: Opposite unless indicated (W's footwork in parentheses) Speed: as downloaded
 Timing: SQQ unless otherwise indicated, reflects actual weight changes Difficulty: Average
 Sequence: Intro AA Brg BA(mod) B A(1-12+) End Released: Sept 30, 2016

Intro

1-4 Wait;; Slo Sunburst;;

- 1-2 No hands jnd fcg wall & partner with lead foot free wait thru tone + 2 meas;;
 3-4 Without changing weight extend body and arms upward looking up sweeping arms out to sd; cont arm sweep bringing hnds downward to waist level & bring head down to look at ptr;

Part A

1-8 Opn Basics Twice;; Switches (Bfly);; 2-Hand Underarm Trn; Opn Brk; Chg Sds; Basic End;

- 1-2 {Opn basics} Sd L, -, trng to left ½ opn brk bk R fcg RLOD, rec L to fc; sd R, -, trng to ½ opn brk bk L fcg LOD, rec R ending in ½ opn fcg LOD;
 3-4 {Switches} Sd & bk L crossing in front of W, -, cont trn sd & fwd R to left ½ opn, fwd L (W fwd R betw M's feet, -, fwd L, fwd R); fwd R betw W's feet, -, fwd L, fwd R to bfly WALL (W sd & bk L crossing IF of M, -, cont trn sd & fwd R to ½ OP, fwd L);
 5 {Undarm trn} Raise arms with both hnds jnd thruout next 4 meas sd L, -, XRib, rec L (W sd R comm to trn RF under jnd hnds, -, XLIF trng to fc RLOD, fwd R trng to fc ptr);
 6 {opn brk} Sd R, -, rk apt L, rec R;
 7 {Chg sds} Fwd L leading W to trn LF under joined hnds, -, sd R to fc COH, XLif (W fwd R trng LF und jnd hnds, -, sd L to fc ptr & wall, XRif);
 8 {Basic end} Sd R, -, XLib, rec R (W sd L, -, XRib, rec R to fc);

9-16 Twsty Basics Twice;; U/arm Trn; Basic End; Left Trn – Insd Roll; Basic End; Lunge Basics Twice;;

- 9-10 {Twsty basics} Sd L, -, XRib to scar fcg DRW (XLif), rec L to fc ptr; sd R, -, XLib to bjo fcg DLW (XRif), rec R to fc ptr;
 11-12 {Undrm trn} Sd L, -, XRib of L, rec L to bfly (sd R comm to trn RF undr jnd lead hnds, -, XLif trng to fc RLOD, fwd R trng to fc ptr); {Basic end} Sd R, -, XLib of R, rec R;
 13-14 {Left trn – insd roll} Fwd & sd L trng LF to fc COH, -, sd R moving twd LOD, XLif (W trng LF ¼ bk & sd R, -, sd L cont trng LF und jnd lead hnds, sd R trng to fc ptr); {Basic end} Sd R, -, XLib of R, rec R;
 15-16 {Lunge basics} Sd L, -, rec R, XLif (XRif); sd R, -, rec L, XRif (XLif);

Brg

1-2 Sd Basic; Opn Basic Ending;

- 1 {Sd Basic} Sd L, -, XRib, rec L;
 2 {Opn basic end} Sd R, -, trng to ½ opn brk bk L fcg LOD, rec R;

Part B

1-10 The Square;;; Lunge Basic Twice;; Sd Basic; W Wrap Fc LOD; Sweetheart Run 6 (Fc);;

- 1 {The square} Like a switch M XIF of W sd L, -, trng RF to step sd R twd COH in left ½ OP, XLif of R (W fwd R, -, fwd & sd L trng twd COH, XRif of L);
 2 Fwd R, -, fwd & sd L trng twd RLOD, XRif of L (Like a switch W XIF of M sd L, -, trng RF to step sd R twd RLOD in ½ OP, XLif of R);
 3 Like a switch M XIF of W sd L, -, trng RF to step sd R twd WALL in left ½ OP, XLif of R (W fwd R, -, fwd & sd L trng twd WALL, XRif of L);
 4 Fwd R, -, fwd & sd L trng twd LOD, XRif of L (Like a switch W XIF of M sd L, -, trng RF to step sd R twd LOD in ½ OP, XLif of R to BFLY);
 5-6 {Lunge basics} Repeat Part A meas 15 & 16;;
 7-8 {Sd Basic} Sd L, -, XRib, rec L; {W wrap} Sd R, -, raising jnd lead hnds XLib trng left to fc LOD and leading W to trn LF to comm wrap, rec R (W maintaining handholds sd L, -, fwd R comm trng LF under jnd lead hnds, cont trng to complete wrap fcg LOD rec L);
 9-10 {Sweetheart run} Fwd L, -, fwd R, fwd L; fwd R, -, fwd L, fwd R trng RF to bfly fcg WALL;

Part A(1-13)

1-13 Opn Basics Twice;; Switches (Bfly);; 2-Hand U/Arm Trn; Opn Brk; Chg Sds; Basic End; Twsty Basics Twice;; U/arm Trn; Basic End; [Hold];

- 1-12 Repeat Part A meas 1-12;.....
 13 Hold w/lead feet free;

End

1-9 [On Word "Stay"] Slo Sunburst;; Opn Basics Twice;; Switches;; [music slows] Sd Basic; W Wrap Fc LOD; Rk Bk & Caress;

- 1-2 Waiting for the word "Stay" repeat Intro meas 3-4;;
 3-6 Repeat part A meas 1 thru 4;;
 7-8 Repeat part B meas 7 & 8;;
 9 Bk L, - , (W reach across w/right hand to look at ptr & caress), - ;

Quick Cues:

- Intro Wait;; Slo Sunburst;;
- A Opn Basics Twice;; Switches (Bfly);; 2-Hand U/Arm Trn; Opn Brk; Chg Sds; Basic End; Twsty Basics Twice;; U/arm Trn; Basic End; Left Trn – Insd Roll; Basic End; Lunge Basics Twice;;
- A Opn Basics Twice;; Switches (Bfly);; 2-Hand U/Arm Trn; Opn Brk; Chg Sds; Basic End; Twsty Basics Twice;; U/arm Trn; Basic End; Left Trn – Insd Roll; Basic End; Lunge Basics Twice;;
- Brg Sd Basic; Opn Basic Ending to;
- B The Square;;; Lunge Basic Twice;; Sd Basic; W Wrap (LOD); Sweetheart Run 6 (Fc);;
- A Opn Basics Twice;; Switches (Bfly);; 2-Hand U/Arm Trn; Opn Brk; Chg Sds; Basic End; Twsty Basics Twice;; U/arm Trn; Basic End; Left Trn – Insd Roll; Basic End; Lunge Basics Twice to;;
- B The Square;;; Lunge Basic Twice;; Sd Basic; W Wrap (LOD); Sweetheart Run 6 (Fc);;
- A(1-12+) Opn Basics Twice;; Switches (Bfly);; 2-Hand U/Arm Trn; Opn Brk; Chg Sds; Basic End; Twsty Basics Twice;; U/arm Trn; Basic End; (Hold);
- End (On Word "Stay") Slo Sunburst;; Opn Basics Twice;; Switches;; (music slows) Sd Basic; W Wrap (LOD); Rk Bk & Caress;