

## 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 BAB A(1-12 mod) End Released: Sept 30, 2016, revised 11/15/16

### 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 trning 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(1-12 mod)

#### 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;; Left Trn – Insd Roll; Basic End; [music slows] Sd Basic; W Wrap Fc LOD; Rk Bk & Caress;**
- 1-2 Waiting for the word "Stay" repeat Intro meas 3-4;;
- 3-4 Repeat part A meas 1 & 2;;
- 5-6 Repeat part A meas 13 & 14;;
- 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 mod) 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;; Left Trn – Insd Roll; Basic End (Wall); (music slows) Sd Basic; W Wrap (LOD); Rk Bk & Caress;