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:: Sio 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 thruou t next 4 meas sd L, -, XRib, rec L (W sd R comm to trn RF under jnd hnds, -, XLIB trn to fc RLOD, fwd R trn to fc ptr);
6 {opn brk} Sd R, -, ik apt L, rec R;
7 {Chg sms} Fwd L leading W to trn LF under joined hnds, -, sd R to fc COH, XLIB (W fwd R trnmg LF und jnd hnds, -, sd L to fc ptr & wall, XLIB);
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 (XLIB), rec L to fc ptr; sd R, -, XLib to bjo fcg DLW (XLIB), 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, -, XLIB trn to fc RLOD, fwd R trn 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 L cont trnmg Lod, XLib (W trnmg LF ¼ bk & sd R, -, sd L cont trnmg LF und jnd lead hnds, sd R trnmg to fc ptr); {Basic end} Sd R, -, XLib of R, rec R;
15-16 {Lunge basics} Sd L, -, rec R, XLIB (XLIB); sd R, -, rec L, XLIB (XLIB);

Brg

1-2 Sd Basic; Opn Basic End;
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, XLIB of R (W fwd R, -, fwd & sd L trng twd COH, XLIB of L);
2 Fwd R, -, fwd & sd L trng twd RLOD, XLIB of L (Like a switch W XIF of M sd L, -, trng RF to step sd R twd RLOD in ½ OP, XLIB of R);
3 Like a switch M XIF of W sd L, -, trng RF to step sd R twd WALL in left ½ OP, XLIB of R (W fwd R, -, fwd & sd L trng twd WALL, XLIB of L);
4 Fwd R, -, fwd & sd L trng twd Lod, XLIB of L (Like a switch W XIF of M sd L, -, trng RF to step sd R twd Lod in ½ OP, XLIB 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 trnmg left to fc LOD and leading W to trn LF to comm wrap, rec R (W maintaining handholds sd L, -, fwd R comm trnmg LF under jnd lead hnds, cont trnmg to complete wrap fcd 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;
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;

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;