Young at Heart



Count: 32 Wand: 4 Ebene: High Beginner

Choreograf/in: Niels Poulsen (DK) - July 2018

Musik: Young at Heart - The Bluebells : (Album: The Singles Collection - iTunes, etc)



Intro: 32 count intro from main beat (25 secs. into track). Start with weight on L foot

Restart after 16 counts on wall 3 (which starts at 6:00). REPLACE the shuffle ½ L with a L coaster step to Restart facing 12:00

Note: Thanks to Vibeke Thers for suggesting this music to me

[1 - 8] R&L heel switches, & stomp R fwd, clap clap, repeat all steps starting with L foot

1&2&	Touch R heel fwd (1), step R next to L	(&), touch L	heel fwd (2), step	L next to R (&	.) 12:00
------	--------------------	----------------------	--------------	--------------------	----------------	----------

3&4 Stomp R slightly fwd (3), clap hands (&), clap hands (4) 12:00

5&6& Touch L heel fwd (5), step L next to R (&), touch R heel fwd (6), step R next to L (&) 12:00

7&8 Stomp L slightly fwd (7), clap hands (&), clap hands (8) 12:00

[9 - 16] Rock R fwd, ½ shuffle R, rock L fwd, ½ triple L

1 – 2 Rock	R fwd (1), recover	back on L (2) 12:00
------------	--------------------	---------------------

Turn ¼ R stepping R to R side (3), step L next to R (&), turn ¼ R stepping R fwd (4) 6:00

5 – 6 Rock L fwd (5), recover back on R (6) 6:00

7&8 Turn ¼ L stepping L fwd (7), step R next to L (&), turn ¼ L stepping L fwd (8) 12:00

Please note that these steps are done almost on the spot, therefore a triple turn and not a travelling shuffle turn.

[17 – 24] 1/4 L into R Dorothy, L Dorothy, R jazz box, cross over

1 – 2&	Turn ¼ L stepping R into R diagonal (1), lock L behind R (2), step R into R diagonal (still facing 9:00 though) 9:00
3 – 4&	Step L into L diagonal (3), lock R behind L (4), step L into L diagonal (still facing 9:00) 9:00
5 – 7	Cross R over L (5), step back on L (6), step R to R side (7) 9:00
8	Cross L over R (8) 9:00

0.000 2 0.01 1 (0) 0.00

[25 – 32] R side rock with ¼ L, R kick ball change, step ½ L, step ¼ L

1 – 2	Rock R to R side (1), recover onto	L turning ¼ L (2) 6:00
-------	--------------------	------------------	------------------------

3&4 Kick R fwd (3), step R next to L (&), step L a small step fwd (4) 6:00

5 – 6 Step R fwd (5), turn ½ L onto L foot (6) 12:00 7 – 8 Step R fwd (7), turn ¼ L onto L foot (8) 9:00

ENJOY!

Ending: Wall 11 is your last wall. It starts to fade out after 16 counts but just continue dancing your last 16 counts and you will automatically end facing 12:00 12:00

Contact: nielsbp@gmail.com

^{*} Restart here on wall 3 - see explanation at top of page