

This Young Heart Of Mine

COPPER KNOB
BY SHEETS

Count: 64

Wall: 4

Level: Improver

Choreographer: Peggy Wai (CAN) - May 2017

Music: This Old Heart Of Mine by Rod Stewart & Ronald Isley



***1 Restart when finishing S6 of wall 2**

RESTART: After finishing S6 of wall 2 , The Count 8th – Step L next to R (Replace Hitch L.)

S1. ROCK BACK RECOVER , FWD SHUFFLE ; ROCK FWD RECOVER , ½ TURN R SHUFFLE (6:00)

1,2,3&4 Rock R back , Recover onto L , R fwd shuffle on RLR

5,6,7&8 Rock L fwd, Recover onto R , L ½ turn left shuffle on LRL

S2. CROSS, SIDE, RIGHT SAILOR, SIDE; CROSS, SIDE, LEFT SAILOR ¼ TURN R, FORWARD (9:00)

1,2,3&4 Cross R over L, Step L to L, Rock R back, Recover onto L, Step R to R

5,6,7&8 Cross L over R, Step R to R, Step L behind R , R ¼ turn to Right , Forward L

S3. □ MONTEREY ¼ TURN R ; JAZZ BOX (12:00)

1,2,3,4 Point R side , Turning ¼ right step R together , Point L side , Step L next R together

5,6,7,8 □ □ Cross R over L , Step back on L , Step R To right , Cross L over R

S4. ROCK FWD RECOVER, 1/4 TURN R SHUFFLE; CROSS SHUFFLE, TOGETHER, SWIVEL RIGHT, SWIVEL LEFT

1,2,3&4 Rock fwd R , Recover onto L , ¼ Turn right shuffle on RLR

5&6&7,8 Cross L over R Shuffle LRL , Step R next to L , Swivel both heels right ,swivel both left in place (3:00)

S5. □ VINE LEFT , LEFT SHUFFLE ; ROCK BACK RECOVER

1,2,3,4 Step L To Left , Step R Behind L , Step L To Left , Step Fwd R

5&6,7,8 Shuffle Left on LRL , Rock Back R , Recover onto L

S6. □ SIDE , BACK , ¼ TURN R , BRUSH ; STEP FWD , BACK TOUCH , BACK , HITCH

1,2,3,4 Step R to R , step L behind R, R ¼ turn right , Brush L

5,6,7,8 Step L Forward , Touch R Behind L , Step R back , Hitch L (6:00)

S7. □ BACK , BACK , LEFT COASTER , SIDE TOUCH , FORWARD ,SIDE TOUCH , FORWARD (6:00)

1,2,3&4 Step L back , Step R Back , Step L Back , Step R next L , Step L forward

5,6,7,8 Side touch R , Forward R , Side touch L , Forward L

S8. □ ROCK FWD RECOVER , ¼ TURN R , SIDE HOLD ; TOGETHER , SIDE TOUCH (CLAP), SIDE TOUCH (CLAP)

1,2,3,4 Rock Fwd R , Recover onto L , ¼ Turn right, Step R to side , Hold ,

&5,6,7,8 Step L beside R , Step R to side , L touch next to R (CLAP) , Step L to side, R touch next to L (CLAP) (9:00)

Contact – peggywai97@gmail.com