

# Young At Heart

**COPPER KNOB**  
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Joey Warren (USA)

Music: Young at Heart - Joss Stone



## **WALKS, ¾ TURN, RIGHT SAILOR, LEFT SAILOR ¼ TURN RIGHT**

- 1-2 Step right forward and slightly across left, step left out  
&-3 Step right out to right, ¼ turn left stepping left forward  
&-4 ¼ turn left stepping right back, ¼ turn left stepping left out to left  
5&6 Step right behind left, step left to left side, step right out and beside left  
7&8 Step left behind right, ¼ turn right stepping right forward, step left to left side

## **SWAYS, ¾ TURN STEPPING RIGHT-LEFT-RIGHT, ROCK AND RECOVER HEEL, ¾ TURN**

- 1-2 Sway while stepping right to right side, sway while stepping left to left side  
3&4 Cross right over left, ¼ turn right stepping left back, ½ turn right stepping right forward  
5&6 Rock forward on left, recover back on right, place left heel out (weight on right)  
7&8 ½ turn left stepping left forward, ¼ turn left stepping right out, step left over right

## **¾ PADDLE TURN TO LEFT, STEP RIGHT, STEP LEFT, STEP, CROSS, STEP**

- 1& Touch right out to right, touch right beside of left foot (weight on left)  
2& Touch right out to right, ¼ turn left on left foot touching right beside left  
3& Touch right out to right, ¼ turn left on left foot touching right beside left  
4& Touch right out to right, ¼ turn left on left foot touching right beside left  
5-6 Step right out to right side, step left out to left side  
7&8 Step right out to right, step left across right foot, step right out

## **STEP, CROSS OVER, ¼ TURN QUICK STEPS, ROCK AND TAP, STEP ½ TURN, ¼ TURN, STEP**

- 1-2 Step left out to left, cross right foot over  
3&4 ¼ turn left stepping left forward, step right beside of left, step left forward  
5&6 Rock forward on right, tap left toe down and behind right, step left back dragging right  
7& Step right back, ½ turn left stepping left forward  
8& ¼ turn left stepping right out to right, step down in place on left

**Styling note: on the paddle turns while you are doing them try to do body rolls to the left while you are turning**

**REPEAT**

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