

# Built For Old Age

**COPPER** KNOB  
BY STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Improver nightclub

**Choreographer:** Moses Bourassa Jr. (USA) & Barbara Frechette (USA)

**Music:** Old Age Remix - Glenn Rogers



## SLIDE STEPS, ROCK STEPS, ¼ TURN STEP

- 1-2& Slide left to left side, rock right back behind left, recover on left  
3-4& Slide right to right side, rock left behind right, recover on right  
5-6& Step left making ¼ turn to the left, step right to right side, rock left behind right  
7-8& Slide left to left side, rock right back behind left, recover on left

## TOE TOUCHES, FULL TURN TO THE RIGHT, FULL TURN TO THE LEFT

- 1-2 Touch right over left, touch right to right side  
3& Step right making ¼ turn to the right, step left back making ½ turn to the right  
4-5 Step right making ¼ turn to the right, touch left over right  
6-7 Touch left to left side, step left making ¼ turn to the left  
&8 Step right back making ½ turn to the left, step left making ¼ turn to the left

## STEP-LOCK-STEP, ½ TURN TO THE LEFT, CROSS TOUCH, SLIDE STEPS, ROCK STEPS, RECOVERS

- 1-2& Step forward on right, lock left behind right, step forward on right  
3-4& Step left making ¼ turn to the left, step right back making ¼ turn to the left, touch left over right  
5-6& Slide left to left side, rock right back behind left, recover on left  
7-8& Slide right to right side, rock left behind right, recover on right

**Restart at wall 3 which is facing 6:00 wall**

## STEP-LOCK-STEP, ½ TURN TO THE RIGHT, CROSS TOUCH, SLIDE STEPS, ROCK STEPS, RECOVERS, TOUCH

- 1-2& Step forward on left, lock right behind left, step forward on left  
3-4& Step right making ¼ turn to the right, step left back making ¼ turn to the right, touch right over right  
5-6& Slide right to right side, rock left back behind right, recover on right  
7-8& Slide left to left side, step right next to left, touch left next to right

**REPEAT**

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