

# Built For Old Age

**COPPER** KNOB  
BY STEPSHEETS

拍数: 32      墙数: 4      级数: Improver nightclub  
编舞者: Moses Bourassa Jr. (USA) & Barbara Frechette (USA)  
音乐: 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**