

# Age Is Just a Number

**COPPERKNOB**  
BY STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Helen Parkyn (UK) - September 2023  
音樂: Age Is Just a Number - Dave Sheriff



Intro – 32 counts. No tags, no restarts

## RIGHT TOE, HEEL, DIAGONAL STEP LOCK STEP, LEFT CROSS ROCK, SIDE, RIGHT CROSS ROCK, SIDE

- 1, 2, 3&4 – touch right toe to left instep, touch right heel to left instep, step forward right diagonal, lock the left behind right, step forward right diagonal  
5&6 7&8 – cross rock left over right, recover back onto right, step left to left side, cross rock right over left, recover back onto left, step right to right side

## LEFT TOE, HEEL, DIAGONAL STEP LOCK STEP, RIGHT CROSS ROCK, SIDE, LEFT CROSS ROCK SIDE

- 1, 2, 3&4 – touch left toe to right instep, touch left heel to right instep, step forward left diagonal, lock the right behind left, step forward left diagonal  
5&6 7&8 – cross rock right over left, recover back onto left, step right to right side, cross rock left over right, recover back onto right, step left to left side

## RIGHT STEP FORWARD, PIVOT 1/2 TURN LEFT (6.00), RIGHT SHUFFLE, LEFT ROCK FORWARD, RECOVER, LEFT COASTER

- 1, 2, 3&4 – step forward right, pivot 1/2 left (6.00), shuffle forward right (step forward right, close left, step forward right)  
5, 6, 7&8 – rock forward left, recover back onto right, left coaster (step back left, close right beside, step forward left)

## RIGHT ROCK FORWARD, RECOVER, 1/4 TURN RIGHT INTO RIGHT SIDE SHUFFLE (9.00), LEFT ROCK FORWARD, RECOVER, LEFT COASTER

- 1, 2, 3&4 – rock forward right, recover back onto left, turn 1/4 right (9.00) into right side shuffle (step right to right side, close left, step right to right side)  
5, 6, 7&8 – rock forward left, recover back onto right, left coaster (step back left, close right beside, step forward left)

START AGAIN ..... HAPPY DANCING

Grassroots instructor finalists UKLDA 2022