

Young At Heart

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Angie Clements (UK)
音樂: Young at Heart - The Bluebells



INTRO (DONE ONCE)

TOE SWITCHES, MAMBO STEP, TOE SWITCHES, MAMBO STEP

1&2 Touch right toe to the side, switch into place touch left toe to side
&3&4 Switch left into place, rock forward onto right recover weight onto left step right in place
5&6&7&8 Repeat counts 1-4 on left side

RIGHT SHUFFLE FORWARD, ½ TURN RIGHT LEFT SHUFFLE, BACK ROCK, WALK FORWARD RIGHT LEFT

1&2 Step right forward, close left beside right, step right forward make ½ turn, stepping left forward into ¼ turn right
3&4 Step right beside left making ¼ turn right step left in place
5-6 Rock weight back onto right, recover weight onto left
7-8 Step forward right, step forward left

Repeat sections 1 & 2 to complete intro, you are now facing front wall
END OF INTRO

THE MAIN DANCE

JAZZ JUMP, PAUSE (CLAP) RIGHT CHASSIS, CROSS ROCK LEFT CHASSIS

&1 Pause jump back stepping weight onto right, then left. Pause (clap on the pause)
3&4 Step right to right side, left beside right, step right to right side
5-6 Cross rock left over right, recover weight on right, step left to left side, right in beside left.
7&8 Step left to left side

CROSS SIDE ¼ SAILOR TURN RIGHT, LEFT SHUFFLE, FORWARD ROCK

1-2 Cross right over left, step left to side
3&4 Cross right behind left, step left into ¼ turn right. Step right in place
5&6 Step left forward, step right in beside left, step left forward
7&8 Rock forward onto right recover weight onto left

TRAVELING ½ SHUFFLE TURN RIGHT TWICE, MAMBO STEP BACK CROSS TOUCH

1&23&4 Make ½ turn right stepping right, left, right (continue traveling) making ½ turn stepping left, right, left
5&6 Rock weight back on right, recover weight left, step right in place
7-8 Cross left over right, touch right toe to side

CROSS TURN ¼ RIGHT COASTER STEP WALK FORWARD KICK

1&2 Cross right over left, step left into ¼ turn right
3&4 Step right back, left beside right, right forward
5-6-7-8 Walk forward left, right, left kick right

REPEAT