

# 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