

Young At Heart

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Joey Warren (USA)
音樂: Young at Heart - Joss Stone



WALKS, ¾ TURN, RIGHT SAILOR, LEFT SAILOR ¼ TURN RIGHT

1-2 Step right forward and slightly across left, step left out
&-3 Step right out to right, ¼ turn left stepping left forward
&-4 ¼ turn left stepping right back, ¼ turn left stepping left out to left
5&6 Step right behind left, step left to left side, step right out and beside left
7&8 Step left behind right, ¼ turn right stepping right forward, step left to left side

SWAYS, ¾ TURN STEPPING RIGHT-LEFT-RIGHT, ROCK AND RECOVER HEEL, ¾ TURN

1-2 Sway while stepping right to right side, sway while stepping left to left side
3&4 Cross right over left, ¼ turn right stepping left back, ½ turn right stepping right forward
5&6 Rock forward on left, recover back on right, place left heel out (weight on right)
7&8 ½ turn left stepping left forward, ¼ turn left stepping right out, step left over right

¾ PADDLE TURN TO LEFT, STEP RIGHT, STEP LEFT, STEP, CROSS, STEP

1& Touch right out to right, touch right beside of left foot (weight on left)
2& Touch right out to right, ¼ turn left on left foot touching right beside left
3& Touch right out to right, ¼ turn left on left foot touching right beside left
4& Touch right out to right, ¼ turn left on left foot touching right beside left
5-6 Step right out to right side, step left out to left side
7&8 Step right out to right, step left across right foot, step right out

STEP, CROSS OVER, ¼ TURN QUICK STEPS, ROCK AND TAP, STEP ½ TURN, ¼ TURN, STEP

1-2 Step left out to left, cross right foot over
3&4 ¼ turn left stepping left forward, step right beside of left, step left forward
5&6 Rock forward on right, tap left toe down and behind right, step left back dragging right
7& Step right back, ½ turn left stepping left forward
8& ¼ turn left stepping right out to right, step down in place on left

Styling note: on the paddle turns while you are doing them try to do body rolls to the left while you are turning

REPEAT
