

# Don't Be Ashamed Of Your Age

**COPPER** KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Pepper Siquieros (USA)  
音樂: Don't Be Ashamed of Your Age - Willie Nelson



## HEEL SPLITS, KICKS, COASTER STEPS

- 1&2&      Stomp right foot forward (flat foot-no weight), split heels apart, turn heels in, kick right foot low and forward
- 3&4      Step right foot back, step left next to right, step right foot forward
- 5&6&      Stomp left foot forward (flat foot-no weight), split heels apart, turn heels in, kick left foot low and forward
- 7&8      Step left foot back, step right next to left, step left foot forward

## LOCK STEP FORWARD, SCISSOR STEP, SIDE SHUFFLE, ROCK BACK & STEP FORWARD

- 1&2      Step right foot forward, lock left behind right, step right foot forward
- 3&4      Step left to side, step right next to left, cross left over right
- 5&6      Shuffle to side stepping right, left, right
- 7&8      Rock left foot back, recover on right, step left foot forward

## STEP, ½, STEP-½-STEP, ROCK FORWARD, LOCK STEP BACK

- 1-2      Step right foot forward, turn ½ left (weight to left)
- 3&4      Step right foot forward, turn ½ left (weight to left), step right foot forward
- 5-6      Rock left foot forward, recover onto right
- 7&8      Step left foot back, lock step right over left, step left foot back

## SWEEP, SAILOR STEP, SAILOR ¼ TURN, SYNCOPATED HEEL STRUTS, ROCK FORWARD & BACK

- &1&2      Sweep right from front to back, cross right behind left, step left to side, step right to side
- 3&4      Cross left behind right, turn ¼ turn left and step right in place, step left foot forward
- 5&6&      Touch right heel forward, step right in place, touch left heel forward, step left in place
- 7&8&      Rock right foot forward, recover onto left, rock right foot back, recover onto left (9:00)

## REPEAT

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