

# Don't Be Ashamed Of Your Age

**COPPER KNOB**  
BY STEPHEN

拍數: 32                      牆數: 2                      級數: Beginner / Low Intermediate  
編舞者: Claire Denney (CAN) - March 2014  
音樂: Don't Be Ashamed of Your Age - Willie Nelson



Intro 16 counts, on lyrics

## Forward Shuffle, Side Rock, Recover, Forward Shuffle, Side Rock, Recover

1 & 2                      Shuffle forward = R L R  
3 - 4                      Side left rock, □ Recover right  
5 & 6                      Shuffle forward = L R L  
7 - 8                      Side right rock, □ Recover left

## Back Sailor, Back Sailor, Back Rocking Chair

1 & 2                      Right sailor step moving slightly back (or shuffle back)  
3 & 4                      Left sailor step moving slightly back (or shuffle back)  
5 - 8                      Right rock back, □ Left recover, Right rock fwd, L. recover

## 1/4 Right, Touch, Step, Touch, 1/4 Right, Touch, Step, Touch

1 - 2                      Step 1/4 right, □ Touch left beside right & clap on touch  
3 - 4                      Step left, □ □ Touch right beside left & clap on touch  
5 - 6                      Step 1/4 right, □ Touch left beside right & clap on touch  
7 - 8                      Step left, □ □ Touch right beside left & clap on touch

## Forward Mambo, Back Mambo, Side Mambo, Side Mambo

1 & 2                      Right rock forward, □ Recover back on to left, □ Right step beside left  
3 & 4                      Left rock back, □ Recover fwd on to right, □ Left step beside right  
5 & 6                      Right rock right, □ Recover on to left, □ □ Right step beside left  
7 & 8                      Left rock left, □ □ Recover on to right, □ □ Left step beside right

## \*\*\*BONUS STEPS \*\*\*

### Such easy steps at 12:00 wall "each time" & will finish front wall after claps

1 - 4                      V step = R. step 1:00, L. step 11:00, R. step home, L. step home  
5 & 6                      Clap, □ □ Clap, □ □ Clap  
7 & 8                      Clap, □ □ Clap, □ □ Clap

(Good job - give yourselves a hand)

**E N J O Y**

Contact: [claire.denney1@gmail.com](mailto:claire.denney1@gmail.com)