

Don't Be Ashamed Of Your Age

COPPER **KNOB**
BY STEPSHEETS

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