



# Young at Heart

Count: 32 Wall: 4 Level: High Beginner

Choreographer: Niels Poulsen: July 2018

Music: Young at Heart by The Bluebells (from the Singles Collection. Track length: 3:24.

**Intro: 32 count intro from main beat (25 secs. into track). Start with weight on L foot**

**Restart after 16 counts on wall 3 (which starts at 6:00). REPLACE the shuffle ½ L with a L coaster step to Restart facing 12:00**

**Note: Thanks to Vibeke Thers for suggesting this music to me**

**[1 – 8] R&L heel switches, & stomp R fwd, clap clap, repeat all steps starting with L foot**

1&2& Touch R heel fwd (1), step R next to L (&), touch L heel fwd (2), step L next to R (&) 12:00

3&4 Stomp R slightly fwd (3), clap hands (&), clap hands (4) 12:00

5&6& Touch L heel fwd (5), step L next to R (&), touch R heel fwd (6), step R next to L (&) 12:00

7&8 Stomp L slightly fwd (7), clap hands (&), clap hands (8) 12:00

**[9 – 16] Rock R fwd, ½ shuffle R, rock L fwd, ½ triple L**

1 – 2 Rock R fwd (1), recover back on L (2) 12:00

3&4 Turn ¼ R stepping R to R side (3), step L next to R (&), turn ¼ R stepping R fwd (4) 6:00

5 – 6 Rock L fwd (5), recover back on R (6) 6:00

7&8 Turn ¼ L stepping L fwd (7), step R next to L (&), turn ¼ L stepping L fwd (8) 12:00

**\* Restart here on wall 3 - see explanation at top of page**

**Please note that these steps are done almost on the spot, therefore a triple turn and not a travelling shuffle turn.**

**[17 – 24] ¼ L into R Dorothy, L Dorothy, R jazz box, cross over**

1 – 2& Turn ¼ L stepping R into R diagonal (1), lock L behind R (2), step R into R diagonal (still facing 9:00 though) 9:00

3 – 4& Step L into L diagonal (3), lock R behind L (4), step L into L diagonal (still facing 9:00) 9:00

5 – 7 Cross R over L (5), step back on L (6), step R to R side (7) 9:00

8 Cross L over R (8) 9:00

**[25 – 32] R side rock with ¼ L, R kick ball change, step ½ L, step ¼ L**

1 – 2 Rock R to R side (1), recover onto L turning ¼ L (2) 6:00

3&4 Kick R fwd (3), step R next to L (&), step L a small step fwd (4) 6:00

5 – 6 Step R fwd (5), turn ½ L onto L foot (6) 12:00

7 – 8 Step R fwd (7), turn ¼ L onto L foot (8) 9:00

**ENJOY!**

**Ending : Wall 11 is your last wall. It starts to fade out after 16 counts but just continue dancing your last 16 counts and you will automatically end facing 12:00 12:00**

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Quelle: <https://www.copperknob.co.uk/>