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| Young at Heart |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | High Beginner | . |
| **Choreographer:** | Niels Poulsen (DK) - July 2018 | | | | |
| **Music:** | Young at Heart - The Bluebells : (Album: The Singles Collection - iTunes, etc) | | | | |
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**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**

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

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

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

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

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| 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**

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

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| 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 |

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

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| 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**

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| 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 |

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

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

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| 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**

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

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

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

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| --- | --- |
| 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**

**Contact: nielsbp@gmail.com**