

Be Kind to Yourself as You Get Older

COPPER KNOB
BY STEPHEN

Count: 32

Wall: 4

Level: Beginner

Choreographer: Karen Lee (TW) - June 2025

Music: Be Kind to Yourself as You Age (在变老的路上善待自己) (DJ版) - Luo Bi (落笔)



Intro: 32 Counts, *No Restart. / No Tag

S1: N/C Step (R/L), Half Rumba Box.

1-2, Step RF to R side, together LF,
3-&4 RF forward shuffle.
5-6 Step LF to L side, together RF,
7&8 LF backward shuffle.

S2: Backward Rock Recover, FWD Shuffle, Forward Rock Recover, Coaster, Cross.

1-2 Step RF Backward Rock, Recover on LF,
3&4, RF Forward shuffle.
5-6 Step LF Forward Rock, Recover on RF,
7&8, Step LF Backward, Together RF (&), Step LF over RF.

S3: Side Rock Recover, Cross Shuffle, (R/L)

1-2, Rock RF to R side, Recover on LF,
3&4 Step RF over LF, Step LF to L side, Step RF over LF,
5-6 Rock LF to L side, Recover on RF,
7&8 Step LF over RF, Step RF to R side, Step LF over RF.

S4: Dig Rocking Chair, 1/8 R Jaxx Box, Cross.

1-2-3-4, Rock RF to dig Forward, Recover on LF, Rock RF Back, Recover on LF, (1:30)
5-6-7-8 Step RF Forward, Step LF Back, 1/8 turn Right Step RF to R side, Step RF over LF, (3:00)

***1 Wall option: Note: (counts 5-8)**

5-6-7-8 Step RF Forward, 1/8 turn Left Step LF Back, Step RF to R side, Step RF over LF, (12:00)

REPEAT

Enjoy and happy Dancing...

Last Update: 13 Jun 2025