

Young At Heart

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Joey Warren (USA)

Music: Young at Heart - Joss Stone



WALKS, $\frac{3}{4}$ TURN, RIGHT SAILOR, LEFT SAILOR $\frac{1}{4}$ TURN RIGHT

- 1-2 Step right forward and slightly across left, step left out
- &-3 Step right out to right, $\frac{1}{4}$ turn left stepping left forward
- &-4 $\frac{1}{4}$ turn left stepping right back, $\frac{1}{4}$ turn left stepping left out to left
- 5&6 Step right behind left, step left to left side, step right out and beside left
- 7&8 Step left behind right, $\frac{1}{4}$ turn right stepping right forward, step left to left side

SWAYS, $\frac{3}{4}$ TURN STEPPING RIGHT-LEFT-RIGHT, ROCK AND RECOVER HEEL, $\frac{3}{4}$ TURN

- 1-2 Sway while stepping right to right side, sway while stepping left to left side
- 3&4 Cross right over left, $\frac{1}{4}$ turn right stepping left back, $\frac{1}{2}$ turn right stepping right forward
- 5&6 Rock forward on left, recover back on right, place left heel out (weight on right)
- 7&8 $\frac{1}{2}$ turn left stepping left forward, $\frac{1}{4}$ turn left stepping right out, step left over right

$\frac{3}{4}$ PADDLE TURN TO LEFT, STEP RIGHT, STEP LEFT, STEP, CROSS, STEP

- 1& Touch right out to right, touch right beside of left foot (weight on left)
- 2& Touch right out to right, $\frac{1}{4}$ turn left on left foot touching right beside left
- 3& Touch right out to right, $\frac{1}{4}$ turn left on left foot touching right beside left
- 4& Touch right out to right, $\frac{1}{4}$ turn left on left foot touching right beside left
- 5-6 Step right out to right side, step left out to left side
- 7&8 Step right out to right, step left across right foot, step right out

STEP, CROSS OVER, $\frac{1}{4}$ TURN QUICK STEPS, ROCK AND TAP, STEP $\frac{1}{2}$ TURN, $\frac{3}{4}$ TURN, STEP

- 1-2 Step left out to left, cross right foot over
- 3&4 $\frac{1}{4}$ turn left stepping left forward, step right beside of left, step left forward
- 5&6 Rock forward on right, tap left toe down and behind right, step left back dragging right
- 7& Step right back, $\frac{1}{2}$ turn left stepping left forward
- 8& $\frac{1}{4}$ turn left stepping right out to right, step down in place on left

Styling note: on the paddle turns while you are doing them try to do body rolls to the left while you are turning

REPEAT