

# Young at Heart

**COPPER KNOB**  
BY CHOREOGRAPHER

**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: 3:30)  
on iTunes, etc



**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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