

Young at Heart

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Type of dance: 32 counts, 4 walls, high beginner
 Music: **Young at heart** by The Bluebells (from the Singles Collection. Track length: 3:24. Buy on iTunes, etc.
 Intro: 32 count intro from main beat (25 secs. into track). Start with weight on L foot
 1 restart: 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 ☺

Counts	Footwork	End facing
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) * 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 ☺	12:00
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