

YOUNG AT HEART

LINEDANCE.COM

Count: 32

Wall: 4

Level: intermediate

Choreographer: Joey Warren

Music: Young At Heart by 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, $\frac{1}{4}$ 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, ½ turn left stepping left forward

8&¼ 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

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=47710