

Don't Be Ashamed Of Your Age

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Count: 32

Wall: 2

Level: Beginner / Low Intermediate

Choreographer: Claire Denney (March 2014) BC Canada

Music: Don't Be Ashamed Of Your Age by Willie Nelson

Intro 16 counts, on lyrics

Forward Shuffle, Side Rock, Recover, Forward Shuffle, Side Rock, Recover

- 1 & 2 Shuffle forward = R L R
- 3 - 4 Side left rock, Recover right
- 5 & 6 Shuffle forward = L R L
- 7 - 8 Side right rock, Recover left

Back Sailor, Back Sailor, Back Rocking Chair

- 1 & 2 Right sailor step moving slightly back (or shuffle back)
- 3 & 4 Left sailor step moving slightly back (or shuffle back)
- 5 - 8 Right rock back, Left recover, Right rock fwd, L. recover

1/4 Right, Touch, Step, Touch, 1/4 Right, Touch, Step, Touch

- 1 - 2 Step 1/4 right, Touch left beside right & clap on touch
- 3 - 4 Step left, Touch right beside left & clap on touch
- 5 - 6 Step 1/4 right, Touch left beside right & clap on touch
- 7 - 8 Step left, Touch right beside left & clap on touch

Forward Mambo, Back Mambo, Side Mambo, Side Mambo

- 1 & 2 Right rock forward, Recover back on to left, Right step beside left
- 3 & 4 Left rock back, Recover fwd on to right, Left step beside right
- 5 & 6 Right rock right, Recover on to left, Right step beside left
- 7 & 8 Left rock left, Recover on to right, Left step beside right

***BONUS STEPS ***

Such easy steps at 12:00 wall "each time" & will finish front wall after claps

- 1 - 4V step = R. step 1:00, L. step 11:00, R. step home, L. step home

5 & 6 Clap, Clap, Clap

7 & 8 Clap, Clap, Clap

(Good job - give yourselves a hand)

E N J O Y

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=97462