

## Don't Be Ashamed Of Your Age

32 Count, 2 Wall, Improver

Choreographer: Claire Denney (Can) March 2014

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

---

Intro: 16

### **FORWARD SHUFFLE, SIDE ROCK, RECOVER, FORWARD SHUFFLE, SIDE ROCK, RECOVER**

- 1&2 Chassé forward right-left-right
- 3-4 Rock left side, recover to right
- 5&6 Chassé forward left-right-left
- 7-8 Rock right side, recover to left

### **BACK SAILOR, BACK SAILOR, BACK ROCKING CHAIR**

- 1&2 Right sailor step (moving slightly back) (or chassé back)
- 3&4 Left sailor step (moving slightly back) (or chassé back)
- 5-8 Rock right back, recover to left, rock right forward, recover to left

### **¼ RIGHT, TOUCH, STEP, TOUCH, ¼ RIGHT, TOUCH, STEP, TOUCH**

- 1-2 Turn ¼ right and step right forward, touch left together and clap
- 3-4 Step left side, touch right together and clap
- 5-6 Turn ¼ right and step right forward, touch left together and clap
- 7-8 Step left side, touch right together and clap

### **FORWARD MAMBO, BACK MAMBO, SIDE MAMBO, SIDE MAMBO**

- 1&2 Right forward mambo step
- 3&4 Left back mambo step
- 5&6 Right side mambo step
- 7&8 Left side mambo step

### **TAG** Added each time you end facing the front wall

- 1-4 Step right diagonally forward, step left side, step right home, step left together
- 5&6 Clap, clap, clap
- 7&8 Clap, clap, clap