



Young At Heart

32 Count, 4 Wall, Beginner

Choreographer: Niels Poulsen (DE) July 2018

Choreographed to: Young At Heart by The Bluebells
The Singles Collection

32 count intro from main beat (25 seconds into track). Start with weight on L foot

1-8 R & L heel switches, & stomp R forward, clap clap, repeat all steps starting with L foot

- 1&2& Touch R heel forward (1), step R next to L (&), touch L heel forward (2), step L next to R (&) 12:00
3&4 Stomp R slightly forward (3), clap hands (&), clap hands (4) 12:00
5&6& Touch L heel forward (5), step L next to R (&), touch R heel forward (6), step R next to L (&) 12:00
7&8 Stomp L slightly forward (7), clap hands (&), clap hands (8) 12:00

9-16 Rock R forward, ½ shuffle R, rock L forward, ½ triple L

- 1-2 Rock R forward (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 L stepping forward (8) 6:00
5-6 Rock L forward (5), recover back on R (6) 6:00
7&8 Turn ¼ stepping L forward (7), step R next to L (&), turn ¼ L stepping forward (8) 12:00

Restart on wall 3 (which starts at 6:00). Replace the shuffle ½ L with a L coaster step to restart facing 12:00

Note these steps are done almost on the spot, therefore a triple turn and not a travelling shuffle turn

17-27 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)
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 forward (3), step R next to L (&), step L a small step forward (4) 6:00
5-6 Step R forward (5), turn ½ L onto L foot (6) 12:00
7-8 Step R forward (7), turn ¼ L onto L foot (8) 9:00

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

Music download available from iTunes