

# Age Is Just a Number

**Choreographer:** Helen Parkyn

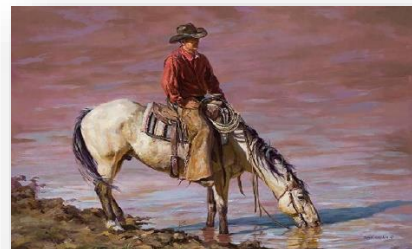
**Level:** Beginner

**Count:** 32

**Wall:** 4

**Intro:** 32 counts

**Music:** Age Is Just a Number – by Dave Sheriff



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**No tags, no restarts**

## **RIGHT TOE, HEEL, DIAGONAL STEP LOCK STEP, LEFT CROSS ROCK, SIDE, RIGHT CROSS ROCK, SIDE**

- 1, 2, 3&4 – touch right toe to left instep, touch right heel to left instep, step forward right diagonal, lock the left behind right, step forward right diagonal  
5&6 7&8 – cross rock left over right, recover back onto right, step left to left side, cross rock right over left, recover back onto left, step right to right side

## **LEFT TOE, HEEL, DIAGONAL STEP LOCK STEP, RIGHT CROSS ROCK, SIDE, LEFT CROSS ROCK SIDE**

- 1, 2, 3&4 – touch left toe to right instep, touch left heel to right instep, step forward left diagonal, lock the right behind left, step forward left diagonal  
5&6 7&8 – cross rock right over left, recover back onto left, step right to right side, cross rock left over right, recover back onto right, step left to left side

## **RIGHT STEP FORWARD, PIVOT 1/2 TURN LEFT (6.00), RIGHT SHUFFLE, LEFT ROCK FORWARD, RECOVER, LEFT COASTER**

- 1, 2, 3&4 – step forward right, pivot 1/2 left (6.00), shuffle forward right (step forward right, close left, step forward right)  
5, 6, 7&8 – rock forward left, recover back onto right, left coaster (step back left, close right beside, step forward left)

## **RIGHT ROCK FORWARD, RECOVER, 1/4 TURN RIGHT INTO RIGHT SIDE SHUFFLE (9.00), LEFT ROCK FORWARD, RECOVER, LEFT COASTER**

- 1, 2, 3&4 – rock forward right, recover back onto left, turn 1/4 right (9.00) into right side shuffle (step right to right side, close left, step right to right side)  
5, 6, 7&8 – rock forward left, recover back onto right, left coaster (step back left, close right beside, step forward left)

**START AGAIN**

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