

# Young at Heart

Music: The Bluebells - The Singles Collection (3.25 mins)  
 available iTunes  
 Choreo: Rose Cross (Jan 2020)  
 Rhythm: 4/4 Light rock  
 Form: Part V-hold, part unjoined  
 Intro: After 2 YAH calls, Wait thru 4 bars of rhythm

**(A) Hokey Kokey**

V-hold  $\left[ \begin{array}{c|c|c|c} \overline{R} & \overline{L} & \overline{R} & \overline{L} \\ \hline f & f & f & pt \\ \text{out} & & & \text{out} \\ \text{sideways} & & & \text{sideways} \end{array} \right] \times 2$

**(B) Clapping (N, S, E, W)**

Unjoined  $\left[ \begin{array}{c|c|c|c} \overline{R} & \overline{L} & \overline{R} & \# \\ \hline f & f & f & \text{clap} \\ \text{clap} & & & \end{array} \right] \left[ \begin{array}{c|c|c|c} \overline{L} & \overline{R} & \overline{L} & \# \\ \hline b & b & b & \text{clap} \\ \text{clap} & & & \end{array} \right] \left[ \begin{array}{c|c|c|c} \overline{R} & \overline{L} & \overline{R} & \# \\ \hline s & xf & s & \text{clap} \\ \text{clap} & & & \end{array} \right] \left[ \begin{array}{c|c|c|c} \overline{L} & \overline{R} & \overline{L} & \# \\ \hline s & xf & s & \text{clap} \\ \text{clap} & & & \end{array} \right] \times 2$

**(C) Slipsteps + Grapevines**

V-hold  $\left[ \begin{array}{c|c|c|c} \overline{R} & \overline{L} & \overline{R} & \overline{L} \\ \hline f & f & f & f \\ \text{fcl} & & & \text{fcl} \end{array} \right] \left[ \begin{array}{c|c|c|c} \overline{L} & \overline{R} & \overline{L} & \overline{R} \\ \hline f & f & f & f \\ \text{fcl} & & & \text{fcl} \end{array} \right] \left[ \begin{array}{c|c|c|c} \overline{R} & \overline{L} & \overline{R} & \overline{L} \\ \hline xf & s & xb & s \end{array} \right] \left[ \begin{array}{c|c|c|c} \overline{R} & \overline{L} & \overline{R} & \overline{L} \\ \hline xf & s & xb & s \end{array} \right]$

**(D) Rock + Rolling**

Unjoined  $\left[ \begin{array}{c|c|c|c} \overline{R} & \overline{L} & \overline{R} & \overline{L} \\ \hline f & f & f & f \\ \text{fcl} & & & \text{fcl} \end{array} \right] \left[ \begin{array}{c|c|c|c} \overline{L} & \overline{R} & \overline{L} & \overline{R} \\ \hline f & f & f & f \\ \text{fcl} & & & \text{fcl} \end{array} \right] \left[ \begin{array}{c|c|c|c} \overline{R} & \overline{L} & \overline{R} & \overline{L} \\ \hline b & b & b & b \\ \text{sw} & & & \text{sw} \end{array} \right] \left[ \begin{array}{c|c|c|c} \overline{R} & \overline{L} \\ \hline \text{sw} & \text{sw} \end{array} \right]$

Both arms high to R+L (Rolling arms) in celebration of youth (toward self)

Sequence ① A, B, C, D ② A (in 2 directions, instrumental)  
 ③ A, B, C(x2), D(x2) ④ B, C(x2), D(x4) fades out