

Presented by Country & Western Dance Club Burnin' Heels
Walter & Marie-Therese Lüthi
National Teachers Association of Country Western Dance
Accredited Fundamentals, Line Dance I & Line Dance II Level Instructors



Young and Restless

Choreographers: DJ Dan & Wynette Miller (June 2006)
Description: 32 Count - 4 Wall Line Dance
Level: Beginner/Intermediate
Music: The Best Years Of Our Lives by Rodney Crowell

[Intro 16 counts. Start on vocals.](#)

1-8 ROCK STEP & WALK, WALK; SHUFFLE FORWARD, STEP-1/2 PIVOT TURN

1-2 Rock Right forward. Recover weight onto Left.
& Step on ball of Right next to Left.
3-4 Step Left forward. Step Right forward.
5&6 Shuffle forward stepping Left, Right, Left.
7-8 Step Right forward. Pivot 1/2 turn left. [\[6\]](#)

9-16 SIDE ROCK & CROSS, 1/4 TURN; SHUFFLE BACK, BACK ROCK.

1-2 Rock Right to right side. Recover weight onto Left.
& Step on ball of Right next to Left.
3-4 Cross Left over Right. Make 1/4 turn left step Right back. [\[3\]](#)
5&6 Shuffle back stepping Left, Right, Left.
7-8 Rock Right back. Recover weight onto Left.

17-24 HEEL-BALL-CROSS, CHASSE; BACK ROCK, HEEL-BALL-CROSS.

1&2 Touch Right heel forward. Step on ball of Right next to Left. Cross Left over Right.
3&4 Step Right to right side. Step Left next to Right. Step Right to right side.
5-6 Rock Left back. Recover weight onto Right.
7&8 Touch Left heel forward. Step on ball of Left next to Right. Cross Right over Left.

25-32 CHASSE, BACK ROCK; 2X STEP - 1/4 PIVOT TURN

1&2 Step Left to left side. Step Right next to Left. Step Left to left side.
3-4 Rock Right back. Recover weight onto Left.
5-6 Step Right forward. Pivot 1/4 turn left. [\[12\]](#)
7-8 Step Right forward. Pivot 1/4 turn left. [\[9\]](#)

Begin Again

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