

# STAY YOUNG

**Level:** Basic +1  
**Record:** Don Williams Record: MCA - 52310  
**Choreo** Idono, Sumwear, USA  
**Speed:** Normal Length: 3.01  
**Sequence:** A, B, A, A, B, A,B,Ending  
**Intro:** Wait 16 Beats

## PART A (32 Beats)

8 2 Triple  
4 Travelling Triple (L)  
4 2 Basic (1/2R)  
8 2 Triple  
4 Travelling Triple (R)  
4 2 Basic (1/2L)

## PART B 32 Beats

8 Heel Walk  
4 2 Basic (1/4L)  
24 REPEAT 3 TIMES (in a box)

## PART A (32 Beats)

8 2 Triple  
4 Travelling Triple (L)  
4 2 Basic (1/2R)  
8 2 Triple  
4 Travelling Triple (R)  
4 2 Basic (1/2L)

## PART A (32 Beats)

8 2 Triple  
4 Travelling Triple (L)  
4 2 Basic (1/2R)  
8 2 Triple  
4 Travelling Triple (R)  
4 2 Basic (1/2L)

## PART B 32 Beats

8 Heel Walk  
4 2 Basic (1/4L)  
24 REPEAT 3 TIMES (in a box)

## PART A (32 Beats)

8 2 Triple  
4 Travelling Triple (L)  
4 2 Basic (1/2R)  
8 2 Triple  
4 Travelling Triple (R)  
4 2 Basic (1/2L)

## PART B 32 Beats

8 Heel Walk  
4 2 Basic (1/4L)  
24 REPEAT 3 TIMES (in a box)

## ENDING: 20 Beats

8 2 Triple  
8 2 Travelling Triple (L & R)  
4 Triple Stomp

Corrected to current ACA  
Terminology -1<sup>st</sup> |December 2017



Step Definitions : STAY YOUNG

TRIPLE :

DS DS DS RS  
L R L RL  
&1 &2 &3 &4

TRAVELLING TRIPLE :

DS (OTS) DS (XIF) DS (OTS) RS  
L R L RL  
&1 &2 &3 &4

BASIC :

DS RS  
L RL  
&1 &2

HEEL WALK :

DS DS H (WGT) H (WGT) RS  
L R L R LR  
&1 &2 & 3 &4

TRIPLE STOMP :

DS DS DS STO STO  
L R L R L  
&1 &2 &3 & 4