

# Heard It All Before

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Lady Lace (UK)

Musik: Sorry - Madonna



## **TOUCH, HITCH & TWIST, COASTER, TOE ACROSS UNWIND $\frac{3}{4}$ , RIGHT SHUFFLE**

- 1-2 Touch left beside right, hitch left (twist body left, arm bent fist clenched, try to touch left knee)  
3&4 Step back left, step right beside left, step left forward  
5-6 Touch right toe across left, unwind  $\frac{3}{4}$  left weight end on left  
7&8 Step right forward, close left beside right, step right forward

## **LEFT SHUFFLE, TOUCH, HITCH & TWIST, COASTER, TOE ACROSS UNWIND $\frac{3}{4}$ RIGHT**

- 1&2 Step left forward, close right to left, step left forward  
3-4 Touch right beside left, hitch right, twist body right (try to touch left elbow to right knee)  
5&6 Step right back, step left beside right, step right forward  
7-8 Touch left toe across right, unwind  $\frac{3}{4}$  right

## **SIDE, HOLD, & SCISSOR STEP, HOLD, SIDE, HOLD & SCISSOR STEP, HOLD**

- 1-2 Step left to side, hold  
&3-4 Bring right in beside left, cross step left over right, hold  
5-6 Step right to side, hold  
&7-8 Bring left in beside right, cross step right over left, hold

## **SIDE STRUT, $\frac{1}{4}$ TURN RIGHT, SIDE STRUT $\frac{1}{4}$ TURN RIGHT, LEFT JAZZ BOX, TOUCH**

- 1-2 Touch ball of left to side, step down turn  $\frac{1}{4}$  right  
3-4 Touch ball of right to side, step down turn  $\frac{1}{4}$  right  
5-8 Cross step left over right, step right back, step left to side, touch right beside left

## **$\frac{1}{4}$ TURN SHUFFLE, $\frac{1}{2}$ TURN SHUFFLE, $\frac{1}{2}$ TURN SHUFFLE, SIDE ROCK $\frac{1}{4}$ TURN RIGHT**

- 1&2 Step right  $\frac{1}{4}$  turn right, close left to right, step right forward  
3&4 Step left  $\frac{1}{4}$  turn right, close right to left, step left back  $\frac{1}{4}$  turn right  
5&6 Step right  $\frac{1}{4}$  turn right, close left to right, step right  $\frac{1}{4}$  turn right  
7-8 Step left forward, turn  $\frac{1}{4}$  turn right recover

## **CROSS, HOLD & SIDE, CROSS SHUFFLE, $\frac{1}{2}$ TURN LEFT, RIGHT KICK BALL CHANGE**

- 1-2 Cross step left over right, hold  
&3&4 Small step right to side, cross left over right, step right to side, cross step left over right  
5-6 Make  $\frac{1}{4}$  turn left stepping back onto right, step left to side  $\frac{1}{4}$  turn left  
7&8 Kick right forward, step right beside left, step left in place

## **$\frac{1}{4}$ TURN LEFT TOE TOUCH, CENTER, $\frac{1}{4}$ TURN RIGHT TOE TOUCH, CENTER, $\frac{1}{4}$ TURN LEFT TOE TOUCH, CENTER ROCK & $\frac{1}{4}$ TURN LEFT**

- 1-2 Turn  $\frac{1}{4}$  left touch right toe to side, step down turn  $\frac{1}{4}$  right  
3-4 Turn  $\frac{1}{4}$  right touch left toe to side, step down turn  $\frac{1}{4}$  right  
5-6 Turn  $\frac{1}{4}$  left touch right toe to side, step down turn  $\frac{1}{4}$  right  
7&8 Rock left forward, recover, step left to side turning  $\frac{1}{4}$  left

## **EXTENDED WEAVE LEFT, RIGHT SAILOR $\frac{1}{4}$ TURN RIGHT**

- 1-4 Cross step right over left, step left to side, step right behind left, step left to side  
5-6 Cross step right over left, step left to side  
7&8 Step right behind left, step left  $\frac{1}{4}$  turn right, step right to side

REPEAT

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