

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
