

# Seems Like Yesterday

Compte: 64

Mur: 2

Niveau: Improver

Chorégraphe: Michelle Mathieson (UK) - August 2013

Musique: Beers Ago (Jason Nevins Remix) - Toby Keith



## Sec 1: Stomp, Kick, Crossing Shuffle, Rocking Chair

- 1 - 2 Stomp R beside L, kick R across L  
3&4 Cross step R over L, Step L to L side, Cross step R over L  
5 - 8 Rock L forward, recover weight on R, Rock L back, recover weight on R

## Sec 2: Stomp, Kick, Crossing Shuffle, Rocking Chair

- 1 - 8 Repeat Steps 1 - 8 L foot leading

## Sec 3: Side Shuffle, Back Rock, Side Shuffle, Back Rock

- 1&2 Step R to R side, Step L beside R, Step R to R side  
3 - 4 Rock L back, recover weight on R  
5&6 Step L to L side, Step R beside L, Step L to L side  
7 - 8 Rock R back, recover weight on L

Restart here Wall 3

## Sec 4: Step Forward, Hold, Ball Step Touch, Step Back, Hold, Ball Step, Touch

- 1-2 Step R forward, Hold  
&3-4 Step ball of L beside R, Step R forward, Touch L beside R  
5-6 Step L back, Hold  
7-8 Step ball of R beside L, Step L back, Touch R beside L

## Sec 5: Heel Switches, Syncopated Monterey, Heel Switches, Heel Hitch

- 1&2 Touch R heel forward, Step R beside L, Touch L heel forward  
&3&4 Step L beside R, Touch R to R side, Turn ½ turn R and step R beside L, Touch L to Left side  
&5&6 Step L beside R, Touch R heel forward, Step R beside L, Touch L heel forward  
&7-8 Step L beside R, Touch R heel forward, Hitch R knee up

## Sec 6: Heel Grind, Coaster, Heel Grind, Coaster

- 1 - 2 Step R heel forward, toes turned in, grind heel turning toes out, Step L back  
3&4 Step R back, Step L beside R, Step R forward  
5 - 6 Step L heel forward, toes turned in, grind heel turning toes out, Step R back  
7&8 Step L back, Step R beside L, Step L forward

## Sec 7: Step Pivot ¼ Turn, Stomp, Stomp, Repeat

- 1 - 4 Step R forward, Pivot ¼ turn L (weight on L), Stomp R, Stomp L  
5 - 8 Step R forward, Pivot ¼ turn L (weight on L), Stomp R, Stomp L

## Sec 8: Forward Rock, Shuffle ½ turn, Forward Rock, Coaster Step

- 1 - 2 Rock R forward, recover weight on L,  
3&4 Step R ¼ turn R and to side, Step L beside R, Step R ¼ turn R and forward  
5 - 6 Rock L forward, recover weight on R  
7&8 Step L back, Step R beside L, Step L forward

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