

Not Like We Used To Be (我們不再是從前)

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 1 级数: Phrased Improver
编舞者: Sally Hung (TW)
音乐: Not Like We Used To Be (我们不再是从前) (DJ伟然版) - Chen Ya Sen (陈雅森)



Sequence of dance: ABB/AABB/AA

Intro: 20 counts (after heavy beats)

SECTION A (32 COUNTS)

A1. VINE R W/ TOUCH, VINE L W/ TOUCH

1,2,3,4 Step R to R, Step L behind R, Step R to R, Touch L together
5,6,7,8 Step L to L, Step R behind L, Step L to L, Touch R together

A2. DIAGONAL FWD STEP, LOCK, STEP, TOUCH (R-L)

1,2,3,4 Step R to R diagonal fwd, Lock L behind R, Step R to R diagonal fwd, Touch L behind R
5,6,7,8 Step L to L diagonal fwd, Lock R behind L, Step L to L diagonal fwd, Touch R behind L

A3. DIAGONAL BACK, TOUCH TOGETHER (R-L), R HIP BUMPS (X4)

1,2,3,4 Step R back to R diagonal, Touch L together, Step L back to L diagonal, Touch R together
5,6,7,8 Step R to R side bump hip R 4 times

A4. DIAGONAL BACK, TOUCH TOGETHER (L-R), L HIP BUMPS (X4)

1,2,3,4 Step L back to L diagonal, Touch R together, Step R back to R diagonal, Touch L together
5,6,7,8 Step L to L side bump hip L 4 times

SECTION B (64 COUNTS)

B1. VINE R W/ TOUCH, OUT, IN, OUT, FLICK

1,2,3,4 Step R to R, Step L behind R, Step R to R, Touch L together
5,6,7,8 Touch L toe out to L, Touch L toe beside R, Touch L toe out to L, Flick L

B2. MIRROR STEPS OF B1

B3. CROSS-POINT (X2), STEP-PIVOT 1/4 TURN L (X2)

1,2,3,4 Cross step R over L, Touch L toes to L side, Cross step L over R, Touch R toes to R side
5,6,7,8 Step R fwd, Pivot 1/4 turn L, Step R fwd, Pivot 1/4 turn L

B4. JAZZ BOX W/ 1/4 TURN R (X2)

1,2,3,4 Cross step R over L, 1/4 turn R stepping L back, Step R to R, Step L fwd
5,6,7,8 Repeat 1-4

B5. CHASSE R, BACK ROCK RECOVER, SIDE TOE STRUT, CROSS TOE STRUT

1&2,3,4 Step R to R, Step L together, Step R to R, Rock back L, Recover on R
5,6,7,8 Step L toe to L side, Drop L heel down, Step R toe across L, Drop R heel down

B6. MIRROR STEPS OF B5

B7. OUT OUT IN IN, SWAY RLRL

1,2,3,4 Step R fwd to R diagonal, Step L to L side, Step R back to center, Step L next to R
5,6,7,8 Step R to R sway RLRL

B8. REPEAT B7

HAPPY DANCING!

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