

My Old Me Better

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Improver
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音乐: Old Me Better - Toby Keith



Intro: 16 counts

[1-8]: SIDE, TOGETHER, SHUFFLE FORWARD - R & L

- 1 Step right on RF
- 2 Step LF beside right
- 3&4 Shuffle forward RF-LF-RF
- 5 Step left on LF
- 6 Step RF beside left
- 7&8 Shuffle forward LF-RF-LF

[9-16]: ROCKING CHAIR, JAXX BOX CROSS

- 1 Rock forward on RF
- 2 Recover weight on LF
- 3 Rock back on RF
- 4 Recover weight on LF
- 5 Cross RF over left
- 6 Step back on LF
- 7 Step right on RF
- 8 Cross LF over right

[17-24]: RIGHT CHASSÉ, ¼ LEFT & LEFT CHASSÉ, ¼ LEFT & RIGHT CHASSÉ, BACK ROCK STEP

- 1&2 Chassé to the right side RF-LF-RF
- 3&4 Turn ¼ to left and Chassé to the left side LF-RF-LF (looking at 9:00)
- 5&6 Turn ¼ to left and Chassé to the right RF-LF-RF (looking at 6:00)
- 7 Rock back on LF
- 8 Recover weight on RF

[25-32]: KICK BALL CROSS x 2, SLIDE, SYNCOPATED V STEPS

- 1 Kick LF forward to the diagonal
- & Step on ball of LF beside right
- 2 Cross RF over left
- 3 Kick LF forward to the diagonal
- & Step on ball of LF beside right
- 4 Cross RF over left
- 5 Slide to the left side on LF
- 6 slide RF beside left, no changing weight
- & Step RF slightly forward to the diagonal right
- 7 Step LF slightly forward to the diagonal left
- & Step back on RF to the center
- 8 Step back on LF to the center

START AGAIN

TAG: At the end of 2nd Wall, add these 6 counts (you will be looking at 12:00)

[1-6]: GRAPEVINE RIGHT, LEFT SLIDE, TOUCH

- 1 Step right on RF
- 2 Step LF behind right

- 3 Step right on RF
- 4 Touch LF beside right
- 5 Slide to the left side on LF
- 6 slide RF beside left, no changing weight

NOTE - On the 7th wall, the music stops... but you don't stop, keep dancing until the end and you will restart the new wall looking at 6 o'clock with the music starting again.

You will dance two more entire walls and another wall until count 18, ending with the Chassé to the right, looking at 12 o'clock
