

# My Old Me Better

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Improver  
编舞者: Cati Torrella (ES) - April 2022  
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 right 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**

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