

Same Ol' Me

拍数: 304 墙数: 1 级数: Phrased Advanced
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音乐: Same Ol' Me - Dierks Bentley



PART A

(S1) Grapevine Right, Scuff, Grapevine Left, Scuff

1-2 Step Right to Right Side; Cross Left Behind Right
3-4 Step Right to Right Side; Scuff Left Beside Right
5-6 Step Left to Left Side; Cross Right Behind Left
7-8 Step Left to Left Side; Scuff Right Beside Left

(S2) Stride Diagonally Right, Slide Left, Stomp Up Left, Hold, Stride Diagonally Left, Slide Right, Stomp Up Right, Hold

1-2 Stride Right Diagonally Right Forward; Slide Left Beside Right
3-4 Stomp Up Left Beside Right; Hold
5-6 Stride Left Diagonally Left Forward; Slide Right Beside Left
7-8 Stomp Up Right Beside Left; Hold

(S3) Vaudeville Left, Voudeville Right

1-2 Cross Right Over Left; Step Left Diagonally Back
3-4 Touch Right Heel Diagonally Forward; Step Right in Place
5-6 Cross Left Over Right; Step Right Diagonally Back
7-8 Touch Left Heel Diagonally Forward; Step Left On Place

(S4) Stride Diagonally Back, Slide Left, Stomp Up, Hold, Stride Diagonally Back, Slide Right, Stomp Up, Hold

1-2 Stride Right Diagonally Back Right; Slide Left Beside Right
3-4 Stomp Up Left Beside Right; Hold
5-6 Stride Left Diagonally Back Left; Slide Right Beside Left
7-8 Stomp Up Right Beside Left; Hold

(S5) Sailor Step Right, Slide Left; Sailor Step Left; Slide Right

1-2 Cross Right Behind Left; Step Left to Left Side
3-4 Step Right Diagonally Forward; Slide Left Beside Right
5-6 Cross Left Behind Right; Step Right to Right Side
7-8 Step Left Diagonally Forward; Slide Right Beside Left

(S6) Coaster Step Right, Hitch Left, Coaster Step Left, Hitch Right

1-2 Step Right Back; Step Left Beside Right
3-4 Step Right Forward; Hitch Left & Lift the Right Heel
5-6 Step Left Back; Step Right Beside Left
7-8 Step Left Forward; Hitch Right & Lift the Left Heel

(S7) Toe Strut Turn 1/2 Right, Toe Strut Turn 1/2 Right, Toe Strut Turn 1/2 Right, Stomp Left, Hold

1-2 Turn 1/2 Right & Touch Right Toe Forward; Step Right in Place
3-4 Turn 1/2 Right & Touch Left Toe Back; Step Left in Place
5-6 Turn 1/2 Right & Touch Right Toe Forward; Step Right in Place
7-8 Stomp Left Beside Right; Hold

(S8) Touch Right Toe Back, Scuff Right, Stomp Together Back (twice), Stomp Together 1/2 Turn, Hold

1-2 Touch Right Toe Back; Scuff Right Beside Left
3-4 Jump Back & Stomp together Right+Left (twice)

5-6 Turn 1/2 Left & Stomp Together; Hold

PART B

(S1) Out Together, Cross Left Over Right, Out Together, Hold, Swivel Left

1-2 (in jump) Out Right +Left (together); Jump in place & Cross Left Over Right
3-4 (in jump) Out Right+Left (together); Hold
5-6 Fan Left Heel to Right; Fan Left Toe to Right
7-8 Fan Left Heel to Right; Fan Left Toe to Right

(S2) Out Together, Turn 1/2 Left & Cross Right Over Left, Out Together, Hold, Swivel Right, Hold

1-2 (in jump) Out Right+Left (together); In Jump Turn 1/2 Left & Cross Right Over Left
3-4 (in jump) Out Right+Left (together); Hold
5-6 Fan Right Heel to Left; Fan Right Toe to Left
7-8 Fan Right Heel to Left; Hold

(S3) Grapevine Diagonally Right Forward, Hold, Scoot Right Back (twice), Out, In (all in jump)

1-2 Kick Right Forward; Step Right Diagonally Forward & Hook Back Left
3-4 Kick Right Forward; Hold (maintaining the kick position)
5-6 Scoot Right Back (twice)
7-8 Out Right+Left (together); In Right+Left (together)

(S4) Grapevine Diagonally Left Forward, Hold, Scoot Left Back (twice), Out, Hold (all in jump)

1-2 Kick Left Forward; Step Left Diagonally Forward & Hook Back Right
3-4 Kick Left Forward; Hold (maintaining the kick position)
5-6 Scoot Left Back (twice)
7-8 Out Right+Left (together); Hold (maintaining the out position)

(S5) Kick Right, Flick Turn 1/4 Left, Kick Left, Flick, Kick Right, Flick Turn 1/4 Left, Kick Left, Step Left (all in jump)

1-2 Kick Right Forward; Flick Left Turn 1/4 Left
3-4 Kick Left Forward; Flick Right
5-6 Kick Right Forward; Flick Left Turn 1/4 Left
7-8 Kick Left Forward; Step Left on Place

(S6) Rock Step Side, Stomp Right, Foot Boogie Right, Kick Right

1-2 Rock Right to Right Side; Recover onto Left
3-4 Stomp Right Beside Left; Fan Right Toe to Right
5-6 Fan Right Heel to Right; Fan Right Heel to Left
7-8 Fan Right Toe to Left; Kick Right Diagonally Left Forward

(S7) Corkscrew Left, Rock Step Left, Stomp Left, Hold, Rock Step Right (all in jump)

1-2 Cross Right Over Left & Spin (full turn) Taking Weight on Right
3-4 Rock Left Back; Recover Onto Right
5-6 Stomp Left Beside Right; Hold
7-8 Rock Right Back; Recover Onto Left

(S8) Stomp Right, Hold, Rock Step Side Left, Stomp, Hold, Rock Step Side Right

1-2 Stomp Right Beside Left; Hold
3-4 Rock Left to Left Side; Recover Onto Right
5-6 Stomp Left Beside Right; Hold
7-8 Rock Right to Right Side; Recover Onto Left

PART C

(S1) Out Together, Cross Left Over Right, Out Together, Hook Left, Out Together, Cross Right Over Left, Out

Together, Flick Right (all in jump)

- 1-2 Out Right +Left (together); Return in place & Cross Left Over Right
- 3-4 Out Right+Left (together); Return in Place & Hook Left Back
- 5-6 Out Right +Left (together); Return in place & Cross Right Over Left
- 7-8 Out Right+Left (together); Return in Place & Flick Right Back

(S2) Twister Kick Turn 1/2 Left, Rock Step Right, Stomp Right, Hold (all in jump)

- 1-2 Kick Right Forward; Turn 1/2 Left & Flick Left
- 3-4 Kick Left Forward; Step Left In Place
- 5-6 Rock Back Right; Recover Onto Left
- 7-8 Stomp Right Beside Left; Hold

(S3) Grapevine Diagonally Right Forward, Scoot Right (three times), Out, In (all in jump)

- 1-2 Kick Right Forward; Step Right Diagonally Forward & Hook Back Left
- 3-4 Kick Right Forward; Scoot Right Back
- 5-6 Scoot Right Back (twice)
- 7-8 Out Right+Left (together); In Right+Left (together)

(S4) Grapevine Diagonally Left Forward, Scoot Left Back (three time), Out, In (all in jump)

- 1-2 Kick Left Forward; Step Left Diagonally Forward & Hook Back Right
- 3-4 Kick Left Forward; Scoot Left Back
- 5-6 Scoot Left Back (twice)
- 7-8 Out Right+Left (together); In Right+Left (together)

(S5) Kick Right, Flick Turn 1/4 Left, Kick Left, Flick, Kick Right, Flick Turn 1/4 Left, Kick Left, Step Left (all in jump)

- 1-2 Kick Right Forward; Flick Left Turn 1/4 Left
- 3-4 Kick Left Forward; Flick Right
- 5-6 Kick Right Forward; Flick Left Turn 1/4 Left
- 7-8 Kick Left Forward; Step Left on Place

(S6) Out Together, Cross Left Over Right, Out Together, Hook Left, Out Together, Cross Right Over Left, Out Together, Flick Right (all in jump)

- 1-2 Out Right +Left (together); Return in place & Cross Left Over Right
- 3-4 Out Right+Left (together); Return in Place & Hook Left Back
- 5-6 Out Right +Left (together); Return in place & Cross Right Over Left
- 7-8 Out Right+Left (together); Return in Place & Flick Right Back

(S7) Twister Kick Turn 1/2 Left, Rock Step Right, Stomp Right, Hold (all in jump)

- 1-2 Kick Right Forward; Turn 1/2 Left & Flick Left
- 3-4 Kick Left Forward; Step Left In Place
- 5-6 Rock Back Right; Recover Onto Left
- 7-8 Stomp Right Beside Left; Hold

(S8) Grapevine Diagonally Right Forward, Scoot Right (three times), Out, Cross Right (all in jump)

- 1-2 Kick Right Forward; Step Right Diagonally Forward & Hook Back Left
- 3-4 Kick Right Forward; Scoot Right Back
- 5-6 Scoot Right Back (twice)
- 7-8 Out Right+Left (together); Cross Right Over Left

(S9) Unwind Left, Toe Strut Turn Right, Toe Strut Turn Left

- 1-2-3-4 Turn 1/2 Left Taking Weight on Left
- 5-6 Turn 3/8 Left & Touch Right Toe Back; Step Right on Place
- 7-8 Turn 3/8 Left & Touch Left Toe Forward; Step Left On Place

(S10) Stomp Right Beside Left, Hold (5 times)

1-2 Turn 2/8 Left & Stomp Right Beside Left; Hold
3-4-5-6 Hold

PART D

(S1) Grapevine Right, Scuff, Grapevine Left, Scuff

1-2 Step Right to Right Side; Cross Left Behind Right
3-4 Step Right to Right Side; Scuff Left Beside Right
5-6 Step Left to Left Side; Cross Right Behind Left
7-8 Step Left to Left Side; Scuff Right Beside Left

(S2) Vaudeville Left, Voudeville Right

1-2 Cross Right Over Left; Step Left Diagonally Back
3-4 Touch Right Heel Diagonally Forward; Step Right in Place
5-6 Cross Left Over Right; Step Right Diagonally Back
7-8 Touch Left Heel Diagonally Forward; Step Left On Place

(S3) Sailor Step Right, Slide Left; Sailor Step Left; Slide Right

1-2 Cross Right Behind Left; Step Left to Left Side
3-4 Step Right Diagonally Forward; Slide Left Beside Right
5-6 Cross Left Behind Right; Step Right to Right Side
7-8 Step Left Diagonally Forward; Slide Right Beside Left

(S4) Coaster Step Right, Hitch Left, Coaster Step Left, Stomp Right

1-2 Step Right Back; Step Left Beside Right
3-4 Step Right Forward; Hitch Left & Lift the Right Heel
5-6 Step Left Back; Step Right Beside Left
7-8 Step Left Forward; Stomp Right Beside Left

TAG 1

(S1) Stomp Up Right (twice), Stomp Up, Knee Roll (draw a circle clockwise with the knee starting from the inside), Kick, Hook

1-2 Stomp Up Right Beside Left; Stomp Up Right moving slightly to the right side
3-4 Stomp Up Right moving slightly to right side; Knee Roll
5-6 Knee Roll; Knee Roll
7-8 Kick Right Forward; Hook Right Forward

(S2) Kick Right, Flick, Kick Right, Cross Right, Corkscrew Left, Rock Step Right Back

1-2 Kick Right Forward; Flick Right Back
3-4 Kick Right Forward; Cross Right Over Left
5-6 Corkscrew Left Taking Weight on Left (full turn)
7-8 Rock Right Back; Recover Onto Left

(S3) Stomp Up Right (twice)

1-2 Stomp Up Right (twice)

TAG 1#

(S1) Stomp Up Right (twice), Stomp Up, Knee Roll (draw a circle clockwise with the knee starting from the inside), Kick, Hook

1-2 Stomp Up Right Beside Left; Stomp Up Right moving slightly to the right side
3-4 Stomp Up Right moving slightly to right side; Knee Roll
5-6 Knee Roll; Knee Roll
7-8 Kick Right Forward; Hook Right Forward

(S2) Kick Right, Flick, Kick Right, Cross Right, Corkscrew Left, Rock Step Right Back

- 1-2 Kick Right Forward; Flick Right Back
- 3-4 Kick Right Forward; Cross Right Over Left
- 5-6 Corkscrew Left Taking Weight on Left (full turn)
- 7-8 Rock Right Back; Recover Onto Left

TAG 2

(S1) Stomp Right, Hold

- 1-2 Stomp Right; Hold

TAG 3

(S1) Stomp Right, Hold, Rock Step Left, Stomp Left, Hold, Rock Step Right Back

- 1-2 Stomp Right Beside Left; Hold
- 3-4 Rock Left Back; Recover Onto Right
- 5-6 Stomp Left Beside Right; Hold
- 7-8 Rock Right Back; Recover Onto Left

(S2) Stomp Right, Hold, Rock Step Side Left, Stomp Left, Hold, Rock Step Side Right

- 1-2 Stomp Right Beside Left; Hold
- 3-4 Rock Left to Left Side; Recover Onto Right
- 5-6 Stomp Left Beside Right; Hold
- 7-8 Rock Right to Right Side; Recover Onto Left

FINAL

(S1) Stomp Up Right (twice), Stomp Up, Knee Roll (draw a circle clockwise with the knee starting from the inside), Kick, Hook

- 1-2 Stomp Up Right Beside Left; Stomp Up Right moving slightly to the right side
- 3-4 Stomp Up Right moving slightly to right side; Knee Roll
- 5-6 Knee Roll; Knee Roll
- 7-8 Kick Right Forward; Hook Right Forward

(S2) Kick Right, Flick, Kick Right, Cross Right, Corkscrew Left, Rock Step Right Back

- 1-2 Kick Right Forward; Flick Right Back
 - 3-4 Kick Right Forward; Cross Right Over Left
 - 5-6 Corkscrew Left Taking Weight on Left (full turn)
 - 7-8 Stomp Right Forward; Hold
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