

As Good As I Once Was

COPPER KNOB
BY STEPHEN HETS

拍数: 80 墙数: 4 级数: Improver
编舞者: Kathryn Hill (UK)
音乐: As Good As I Once Was - Toby Keith



Count In 16, then start on the word "BEFORE"

RIGHT TOGETHER SHUFFLE FORWARD, FORWARD TOUCH, BACK TOUCH

1-2-3&4 Step right to right side step left to right foot, step forward right close left to it, step right forward
5-6-7-8 Step forward on left touch right behind left, step back on right touch left in front of left

LEFT FORWARD LOCK TWICE, STEP RIGHT TO RIGHT SIDE LEFT KICK-BALL TOUCH

1-2-3&4 Step forward on left, lock right behind left, step forward on left, lock right behind left, step forward on left
5-6-7&8 Step right to right side, touch left next to right, kick left leg forward, step it in place, touch right next to left

ROCK RIGHT RECOVER, RIGHT SAILOR STEP, ROCK LEFT RECOVER, LEFT SAILOR STEP TURN ¼ LEFT

1-2-3&4 Rock right to right side, recover on left, cross right behind left, step left in place, step right in place
5-6-7&8 Rock left to left side, recover on right, cross left behind right, step right in place, step left turning ¼ left

2X ¼ LEFT PADDLE TURNS, RIGHT BACK LOCK, POINT LEFT FOOT

1-2-3-4 Step forward on right, turn ¼ left, step forward on right, turn ¼ left
5-6-7-8 Step back on right, lock left in front of right, step back on right, point left to left side

CROSS ROCK SHUFFLE LEFT, CROSS ROCK SHUFFLE RIGHT

1-2-3&4 Cross rock left over right, recover on right, step left to left side, close right to left, step left to left side
5-6-7&8 Cross rock right over left, recover on left, step right to right side, close left to right, step right to right side

CROSS, TURN ¼ LEFT, SHUFFLE LEFT, 2X RIGHT KICK-BALL STEPS

1-2-3&4 Cross left over right, step back on right and turn ¼ left, step left to left side, close right to left, step left to left side
5&6-7&8 Kick right leg forward, step right in place, step left to left side, repeat these steps

RIGHT HEEL TAPS, ROCK, CROSS SHUFFLE LEFT

1-2-3-4 Raise right heel, hold for 1 count, then tap heel 3 times
5-6-7&8 Rock right to right side, recover on left, cross right over left, step left to left side, cross right over left

LEFT HEEL TAPS, ROCK, CROSS SHUFFLE RIGHT

1-2-3-4 Raise left heel, hold for 1 count, then tap heel 3 times
5-6-7&8 Rock left to left side, recover on right, cross left over right, step right to right side, cross left over right

POINT RIGHT TOES TO RIGHT SIDE, STEP RIGHT NEXT TO LEFT, POINT LEFT TOES LEFT, CROSS LEFT OVER RIGHT TWICE

1-2-3-4 Point right foot to right side, step right next to left, point left to left side, cross left over right

5-6-7-8 Repeat above steps

ROCK RIGHT, TURN ¼ LEFT FORWARD SHUFFLE, ROCK LEFT CROSS SHUFFLE RIGHT

1-2-3&4 Rock right foot right side, recover on left turning ¼ left, step forward on right, close left to right, step forward on right

5-6-7&8 Rock left to left side, recover on right, cross left over right, step right to right side, cross left over right

REPEAT

TAG

At end of wall 4 only, replace cross shuffle at end of dance with sway right and left then start again from beginning of section 1

Music slows at section 9 wall 1 and section 7 on wall 3. Dance through this
