

I Ain't As Good As I Once Was

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Improver
编舞者: Helen Born (USA) & Nita Lindley (USA)
音乐: As Good As I Once Was - Toby Keith



RIGHT WEAVE, ROCK STEP, CROSS SHUFFLES

1-2-3-4 Step right to right, step left behind right, step right to right, step left over right
5-6-7&8 Rock on right, recover left, cross right over left, step left to left, cross right over left

LEFT WEAVE, ROCK STEP, CROSS SHUFFLES

1-2-3-4 Step left to left, step right behind left, step left to left, step right over left
5-6-7&8 Rock on left, recover right, cross left over right, step right to right, cross left over right

KICK RIGHT 2X, HEEL BALL CROSS, HEEL TAPS 1/4 TURN LEFT

1-2&3-4 Kick right forward twice, step back on ball or right, cross left over right, step right to right
5-6-7-8 Tap left heel forward twice, turn 1/4 left, touch right next to left

RIGHT AND LEFT SIDE SHUFFLES, ROCK STEPS

1&2-3-4 Right side shuffle, right, left, right, rock back on left, recover right
5&6-7-8 Left side shuffle, left, right, left, rock back on right, recover left

REPEAT
