

# 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



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## 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**

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