

My Best Friend Dave

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Shelia Montgomery (USA) - March 2019
音樂: As Good As I Once Was - Toby Keith



Intro: 16 counts

Walk R, L, R, Kick L, Walk back L,R,L, Touch R toe

1,2,3,4 Walk forward R,L,R, Kick L foot forward
5,6,7,8 Walk, or step backwards, L,R,L, Touch R toe next to L foot

V Step, Heel twists

1,2 Step fwd diagonally right with your R foot, out diagonally left with your L foot
3,4 Step back into center with your R, back in with your L (beside your R)
5,6 Twist your R heel inward, then straighten back up
7,8 Twist your L heel inward, then straighten

Side-together-side, hitch L with ¼ turn left, Walk L,R,L, Touch R toe

1,2 Still facing forward – step your R to your right side, Step L next to R
3,4 Step R to right side, Turn 1/4 left while Hitching your L knee
5,6,7,8 Walk forward L,R,L, Touch your R toe next to your L foot

Hip bumps

1,2 Stepping on your R – bump your R hip forward twice
3,4 Bump your L hip back twice
5,6,7,8 Bump R hip forward, L hip back, R hip forward, L hip back

TAG: On walls 3 (6:00), 6 (6:00) & 7 (3:00), after completing the dance sequence, there is a 4 count tag. Add a slow, circular motion, counter-clockwise with your hips, for 4 counts, then restart the dance. You can easily hear the cues coming prior to the tag.

RESTART: On wall 4, (12:00) dance 16 counts (through the V step and heel twists) then Restart.