As Good as I Once Was

拍數: 32 **牆數:** 4 **級數:** Improver
編舞者: Jody Huberty (USA) - September 2024
音樂: As Good As I Once Was - Toby Keith

Start dancing on lyrics, 16 count intro

R Lindy, Rock Step, L Lindy Rock Step

1&2	Weight on left foot, turn your hips to the right diagonal as your right foot shuffles right (right foot side right, left foot comes to right foot, right foot out to the right)
3-4	Turn your hips to the left as you do a rock back with your left foot, recovery right (weight shift on right foot)
5&6	Turn your hips to the Left diagonal as your left foot shuffles left (left foot side left, right foot comes to left foot, left foot out to the left)
7-8	Turn your hips to the right as you do a rock back with your right foot, recovery left (weight shift on your left foot)

2	Slow Forward Point Swivel, 4 Fast Forward Point Swivel
9-10	Right foot forward toe pointed right heel is off the floor, twist right foot left, right heel stays up
11-12	Left foot forward toe pointed left your left heel is off the floor, twist left foot right, left heel stays up
13-16	Same as 9-12 but in double time and you are doing it four times instead of 2: R,L,R,L

Jazz Box With a ¼ Turn and 1 Rocking Chair

17-18	Step right foot over left foot, step left foot back
19-20	Making ¼ turn right step right foot right, bring left foot to the right foot
21-24	Rock right foot forward, recover on left foot, rock right foot back, recover on left

Vine Touch, Side Drag, Back Rock

25-26	Step right foot to the right, step left foot behind right foot
27-28	Step right foot to the right, touch left foot beside right foot
29-30	Step left foot to the left dragging right foot towards the left foot over 2 counts. As you are gliding to the left, extend your right arm out to the right side, have your left arm on your waist and look right
31-32	Rock right foot back, recover foot onto the left, look forward and bring your arms down bent to your waist

TAG 1: (4 COUNTS) HAPPENS AT THE END OF WALL 3 (6:00) @ :41 seconds

1-4	Do a rocking chair at the words “I said girls”, then start dance over at the words “I ain’t as good as I once was” at .45 seconds

TAG 2 (4 COUNTS) AND RESTART: HAPPENS WALL 7 (6:00) @ 1:56

1-16	Complete first 16 counts of the dance then you have a 4-count tag at the words “I said Dave”
1-4	Right foot point forward, left foot point forward, start dance over on the words “I ain’t as good as I once was” at 2:00

Tag 3: (8 COUNTS) HAPPENS AT THE END OF WALL 11 (3:00) @ 2:47

1-4	Hold for 8 counts not moving, then start over when the music starts, the words “I ain’t as good as I once was” this is at 2:51.

Thank you for checking out my dance!

Contact – Email: LineDanceWithJody@Gmail.com – Facebook: Line Dance with Jody
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