

I'm Still Good

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Delwyn Swaisland (AUS)
音樂: As Good As I Once Was - Toby Keith



RIGHT SAMBA, LEFT SAMBA, FORWARD HOLD, COASTER

1&2 Cross right over left, push left to left side, recover on right at center
3&4 Cross left over right, push right to right side, recover on left at center
5-6-7&8 Forward on right - hold - left coaster

FORWARD, ½ PIVOT LEFT, FORWARD, HOLD, COASTER, WALK TWICE

1-2-3-4 Forward on right, ½ pivot left, step forward on right, hold
5&6-7-8 Left coaster, walk forward right, left

¼ TURN RIGHT, HOLD, GALLOP, ROCK, RECOVER, CROSS, HOLD

1-2 Turn ¼ right stepping forward on right, hold
&3&4 Bring left beside right step forward right on right, twice
5-6-7-8 Push/step left to left side, recover on right, cross/step left over right, hold

ROCK, RECOVER, CROSS, HOLD, ¼, ½, SHUFFLE FORWARD

1-2-3-4 Push/ step right to right side, recover on left, cross/ step right over left, hold
5-6 Turn ¼ right stepping back on left, turn ½ right stepping forward on right
7&8 Shuffle forward left-right-left

FORWARD ROCK, RECOVER, ¼ RIGHT, WEAVE

1-2-3-4 Forward on right, recover back on left, turn ¼ right stepping side on right, step left across right
5-6-7-8 Step side on right, step left behind right, step side on right, step left across right

SIDE, TURN, WALK, WALK, SHUFFLE, SIDE ROCK, RECOVER

1-2-3-4 Step side right on right, turn ½ left stepping forward on left, walk forward right, left
5&6-7-8 Shuffle forward right-left-right, rock to left side on left, recover on right

¼ TURN, HOLD, FORWARD ROCK, RECOVER, SHUFFLE, BACK ROCK, RECOVER

1-2-3-4 Turning ¼ left draw left in to step beside right, hold, right rocks forward, recover on left
5&6-7-8 Shuffle back right-left-right, rock back on left, recover forward on right

FORWARD ROCK, RECOVER, ½ TURN LEFT, SHUFFLE, HIPS

1-2-3&4 Rock forward on left, recover back on right, turn ½ left & shuffle forward left-right-left
5-6-7-8 Step side on right and rock hips right-left-right-left

REPEAT

TAG

End of wall 1

1-4 Do 4 extra hips(facing the back)

RESTART

End of wall 2 (facing the front) just do the first 16 counts of the dance & restart from the beginning- you will be facing the back when you restart (these 16 counts are done to a instrumental break)

TAG

End of wall 3

1-4 Do 4 extra hips

RESTART

5th wall is a short wall. Just do 32 counts and wait to restart on the words as I "once" was
