

Heard It All Before

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Lady Lace (UK)
音樂: Sorry - Madonna



TOUCH, HITCH & TWIST, COASTER, TOE ACROSS UNWIND $\frac{3}{4}$, RIGHT SHUFFLE

1-2 Touch left beside right, hitch left (twist body left, arm bent fist clenched, try to touch left knee)
3&4 Step back left, step right beside left, step left forward
5-6 Touch right toe across left, unwind $\frac{3}{4}$ left weight end on left
7&8 Step right forward, close left beside right, step right forward

LEFT SHUFFLE, TOUCH, HITCH & TWIST, COASTER, TOE ACROSS UNWIND $\frac{3}{4}$ RIGHT

1&2 Step left forward, close right to left, step left forward
3-4 Touch right beside left, hitch right, twist body right (try to touch left elbow to right knee)
5&6 Step right back, step left beside right, step right forward
7-8 Touch left toe across right, unwind $\frac{3}{4}$ right

SIDE, HOLD, & SCISSOR STEP, HOLD, SIDE, HOLD & SCISSOR STEP, HOLD

1-2 Step left to side, hold
&3-4 Bring right in beside left, cross step left over right, hold
5-6 Step right to side, hold
&7-8 Bring left in beside right, cross step right over left, hold

SIDE STRUT, $\frac{1}{4}$ TURN RIGHT, SIDE STRUT $\frac{1}{4}$ TURN RIGHT, LEFT JAZZ BOX, TOUCH

1-2 Touch ball of left to side, step down turn $\frac{1}{4}$ right
3-4 Touch ball of right to side, step down turn $\frac{1}{4}$ right
5-8 Cross step left over right, step right back, step left to side, touch right beside left

$\frac{1}{4}$ TURN SHUFFLE, $\frac{1}{2}$ TURN SHUFFLE, $\frac{1}{2}$ TURN SHUFFLE, SIDE ROCK $\frac{1}{4}$ TURN RIGHT

1&2 Step right $\frac{1}{4}$ turn right, close left to right, step right forward
3&4 Step left $\frac{1}{4}$ turn right, close right to left, step left back $\frac{1}{4}$ turn right
5&6 Step right $\frac{1}{4}$ turn right, close left to right, step right $\frac{1}{4}$ turn right
7-8 Step left forward, turn $\frac{1}{4}$ turn right recover

CROSS, HOLD & SIDE, CROSS SHUFFLE, $\frac{1}{2}$ TURN LEFT, RIGHT KICK BALL CHANGE

1-2 Cross step left over right, hold
&3&4 Small step right to side, cross left over right, step right to side, cross step left over right
5-6 Make $\frac{1}{4}$ turn left stepping back onto right, step left to side $\frac{1}{4}$ turn left
7&8 Kick right forward, step right beside left, step left in place

$\frac{1}{4}$ TURN LEFT TOE TOUCH, CENTER, $\frac{1}{4}$ TURN RIGHT TOE TOUCH, CENTER, $\frac{1}{4}$ TURN LEFT TOE TOUCH, CENTER ROCK & $\frac{1}{4}$ TURN LEFT

1-2 Turn $\frac{1}{4}$ left touch right toe to side, step down turn $\frac{1}{4}$ right
3-4 Turn $\frac{1}{4}$ right touch left toe to side, step down turn $\frac{1}{4}$ right
5-6 Turn $\frac{1}{4}$ left touch right toe to side, step down turn $\frac{1}{4}$ right
7&8 Rock left forward, recover, step left to side turning $\frac{1}{4}$ left

EXTENDED WEAVE LEFT, RIGHT SAILOR $\frac{1}{4}$ TURN RIGHT

1-4 Cross step right over left, step left to side, step right behind left, step left to side
5-6 Cross step right over left, step left to side
7&8 Step right behind left, step left $\frac{1}{4}$ turn right, step right to side

REPEAT
