

I Was Good

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Britt Christoffersen (DK) - January 2012
音樂: As Good As I Once Was - Toby Keith : (CD: Honkytonk University)



16 count intro. (2 x 8)

S1: Left Side Toestrut, Cross Toestrut, Side Rock, Behind Side Cross

1, 2, 3, 4 Step L toe to L, drop L heel down, Cross R toe over L, Drop R heel down
5, 6, 7 & 8 Rock L to L side, Recover R, Step L behind R, Step R to R side, Cross L over R

S2: Right Side Toestrut, Cross Toestrut, Side Rock, Behind Side Cross

1, 2, 3, 4 Step R toe to R, Drop R heel down, Cross L toe over R, Drop L heel down
5, 6, 7 & 8 Rock R to R side, Recover L, Step R behind L, Step L to L side, Cross R over L

S3: Kickball Cross, Side Touch, Kickball Cross, Side Touch

1 & 2 Kick L to L diagonal, Step in place with L, Cross R over L
3, 4 Step L to L Side, Touch R next to L
5 & 6 Kick R to R diagonal, Step in place with R, Cross L over R
7, 8 Step R To R Side, Touch L Next To R

S4: Left Chasse, Sailor ½, Heelstrut x 2

1 & 2 Step L to L Side, Step R beside L, Step L to L Side
3 & 4 Cross (sweep) R behind L making ½ turn R, Step L next to R, stepping forward on R.
5, 6, 7, 8 Step L heel forward. Drop L toe taking weight, Step R heel forward. Drop R toe taking weight

S5: 2 x ¼ Monterey turn

1, 2, 3, 4 Point L toe to L side, Make ¼ turn on ball R, Stepping L beside R Point R toe to R side, Step R beside L
5, 6, 7, 8 Point L toe to L side, Make ¼ turn on ball R, Stepping L beside R Point R toe to R side, Touch R beside L

S6: Right Chasse ¼ Left, Backrock, Left Shuffle Fw, Rockstep

1 & 2, 3, 4 Step R to R side. Close L beside R. Step R 1/4 turn R. Rock back on L. Rock forward onto R
5 & 6, 7, 8 Step L forward, Step R beside L, Step L forward, Rock forward on R Recover on L

S7: Right Shuffle Back, Coasterstep, Step Fw Kick, Back Touch

1 & 2 Step R back, Step L beside R, Step R back
3 & 4 Step back on L, Step R next to L, Step forward on L
5, 6, 7, 8 Step R forward, Kick L forward, Step L Back Touch Right beside L

S8: Right Chasse Cross Unwind, Right Shuffle Fw, Step Turn

1 & 2 Step R to R side. Close L beside R. Step R to R side
3, 4 Cross L over R. Unwind ½ turn R. (weight on left)
5 & 6, 7, 8 Step forward on R, Step L next To R, Step forward on R, Step forward on L, Turn ½ R stepping onto R

1st. Tag - End of wall 1 (9:00) Left Rocking Chair

1, 2, 3, 4 Rock Forward On Left, Recover Onto Right, Rock Left Back, Recover Onto Right

Restart On wall 3 (6:00) after 16 count

2nd.Tag - End of wall 4 (3:00) : Left Rocking Chair

1, 2, 3, 4 Rock Forward On Left, Recover Onto Right, Rock Left Back, Recover Onto Right

3rd. Tag - On wall 6 after 28 count (6:00): Figure 8, Touch, Then Restart

1, 2, 3 Step Left to Left side, Cross Right behind Left, Step Left 1/4 turn Left

4, 5 Step forward Right, Pivot 1/2 turns Left shifting weight to Left foot

6, 7, 8 On ball of Left make 1/4 turns Left, stepping Right to Right side, Cross Left behind Right,
Step Right to Right side

9 Touch Left beside Right. Then Restart (on the word "Once")

Ending On wall 8, After 36 counts (9:00)

1, 2, 3, 4 Do Left Heel strut, Right 1/4 Heel strut (12:00)
