

Seems Like Yesterday

拍數: 64 牆數: 2 級數: Improver
編舞者: Michelle Mathieson (UK) - August 2013
音樂: Beers Ago (Jason Nevins Remix) - Toby Keith



Sec 1: Stomp, Kick, Crossing Shuffle, Rocking Chair

1 - 2 Stomp R beside L, kick R across L
3&4 Cross step R over L, Step L to L side, Cross step R over L
5 - 8 Rock L forward, recover weight on R, Rock L back, recover weight on R

Sec 2: Stomp, Kick, Crossing Shuffle, Rocking Chair

1 - 8 Repeat Steps 1 - 8 L foot leading

Sec 3: Side Shuffle, Back Rock, Side Shuffle, Back Rock

1&2 Step R to R side, Step L beside R, Step R to R side
3 - 4 Rock L back, recover weight on R
5&6 Step L to L side, Step R beside L, Step L to L side
7 - 8 Rock R back, recover weight on L

Restart here Wall 3

Sec 4: Step Forward, Hold, Ball Step Touch, Step Back, Hold, Ball Step, Touch

1-2 Step R forward, Hold
&3-4 Step ball of L beside R, Step R forward, Touch L beside R
5-6 Step L back, Hold
7-8 Step ball of R beside L, Step L back, Touch R beside L

Sec 5: Heel Switches, Syncopated Monterey, Heel Switches, Heel Hitch

1&2 Touch R heel forward, Step R beside L, Touch L heel forward
&3&4 Step L beside R, Touch R to R side, Turn ½ turn R and step R beside L, Touch L to Left side
&5&6 Step L beside R, Touch R heel forward, Step R beside L, Touch L heel forward
&7-8 Step L beside R, Touch R heel forward, Hitch R knee up

Sec 6: Heel Grind, Coaster, Heel Grind, Coaster

1 - 2 Step R heel forward, toes turned in, grind heel turning toes out, Step L back
3&4 Step R back, Step L beside R, Step R forward
5 - 6 Step L heel forward, toes turned in, grind heel turning toes out, Step R back
7&8 Step L back, Step R beside L, Step L forward

Sec 7: Step Pivot ¼ Turn, Stomp, Stomp, Repeat

1 - 4 Step R forward, Pivot ¼ turn L (weight on L), Stomp R, Stomp L
5 - 8 Step R forward, Pivot ¼ turn L (weight on L), Stomp R, Stomp L

Sec 8: Forward Rock, Shuffle ½ turn, Forward Rock, Coaster Step

1 - 2 Rock R forward, recover weight on L,
3&4 Step R ¼ turn R and to side, Step L beside R, Step R ¼ turn R and forward
5 - 6 Rock L forward, recover weight on R
7&8 Step L back, Step R beside L, Step L forward

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