I Ain't As Good As I Once Was



编舞者: Helen Born (USA) & Nita Lindley (USA) 音乐: As Good As I Once Was - Toby Keith



RIGHT WEAVE, ROCK STEP, CROSS SHUFFLES

1-2-3-4 Step right to right, step left behind right, step right to right, step left over right
5-6-7&8 Rock on right, recover left, cross right over left, step left to left, cross right over left

LEFT WEAVE, ROCK STEP, CROSS SHUFFLES

1-2-3-4 Step left to left, step right behind left, step left to left, step right over left

5-6-7&8 Rock on left, recover right, cross left over right, step right to right, cross left over right

KICK RIGHT 2X, HEEL BALL CROSS, HEEL TAPS 1/4 TURN LEFT

1-2&3-4 Kick right forward twice, step back on ball or right, cross left over right, step right to right

5-6-7-8 Tap left heel forward twice, turn 1/4 left, touch right next to left

RIGHT AND LEFT SIDE SHUFFLES, ROCK STEPS

Right side shuffle, right, left, right, rock back on left, recover right Left side shuffle, left, right, left, rock back on right, recover left

REPEAT