As Good As I Once Was



拍数: 32 墙数: 4 级数: Improver west coast swing

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 right to side, recover to 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 left to side, recover to 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, kick right forward, step right back, cross left over right, step right to side

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

RIGHT AND LEFT SIDE SHUFFLES, ROCK STEPS

Shuffle to side stepping right, left, right, rock left back, recover to right Shuffle to side stepping left, right, left, rock right back, recover to left

REPEAT