

# As Good As I Once Was

**COPPER** KNOB  
STEPSHEETS

拍数: 80      墙数: 4      级数: Improver  
编舞者: Kathryn Hill (UK)  
音乐: As Good As I Once Was - Toby Keith



Count In 16, then start on the word "BEFORE"

## RIGHT TOGETHER SHUFFLE FORWARD, FORWARD TOUCH, BACK TOUCH

- 1-2-3&4      Step right to right side step left to right foot, step forward right close left to it, step right forward  
5-6-7-8      Step forward on left touch right behind left, step back on right touch left in front of left

## LEFT FORWARD LOCK TWICE, STEP RIGHT TO RIGHT SIDE LEFT KICK-BALL TOUCH

- 1-2-3&4      Step forward on left, lock right behind left, step forward on left, lock right behind left, step forward on left  
5-6-7&8      Step right to right side, touch left next to right, kick left leg forward, step it in place, touch right next to left

## ROCK RIGHT RECOVER, RIGHT SAILOR STEP, ROCK LEFT RECOVER, LEFT SAILOR STEP TURN ¼ LEFT

- 1-2-3&4      Rock right to right side, recover on left, cross right behind left, step left in place, step right in place  
5-6-7&8      Rock left to left side, recover on right, cross left behind right, step right in place, step left turning ¼ left

## 2X ¼ LEFT PADDLE TURNS, RIGHT BACK LOCK, POINT LEFT FOOT

- 1-2-3-4      Step forward on right, turn ¼ left, step forward on right, turn ¼ left  
5-6-7-8      Step back on right, lock left in front of right, step back on right, point left to left side

## CROSS ROCK SHUFFLE LEFT, CROSS ROCK SHUFFLE RIGHT

- 1-2-3&4      Cross rock left over right, recover on right, step left to left side, close right to left, step left to left side  
5-6-7&8      Cross rock right over left, recover on left, step right to right side, close left to right, step right to right side

## CROSS, TURN ¼ LEFT, SHUFFLE LEFT, 2X RIGHT KICK-BALL STEPS

- 1-2-3&4      Cross left over right, step back on right and turn ¼ left, step left to left side, close right to left, step left to left side  
5&6-7&8      Kick right leg forward, step right in place, step left to left side, repeat these steps

## RIGHT HEEL TAPS, ROCK, CROSS SHUFFLE LEFT

- 1-2-3-4      Raise right heel, hold for 1 count, then tap heel 3 times  
5-6-7&8      Rock right to right side, recover on left, cross right over left, step left to left side, cross right over left

## LEFT HEEL TAPS, ROCK, CROSS SHUFFLE RIGHT

- 1-2-3-4      Raise left heel, hold for 1 count, then tap heel 3 times  
5-6-7&8      Rock left to left side, recover on right, cross left over right, step right to right side, cross left over right

## POINT RIGHT TOES TO RIGHT SIDE, STEP RIGHT NEXT TO LEFT, POINT LEFT TOES LEFT, CROSS LEFT OVER RIGHT TWICE

- 1-2-3-4      Point right foot to right side, step right next to left, point left to left side, cross left over right

5-6-7-8 Repeat above steps

**ROCK RIGHT, TURN ¼ LEFT FORWARD SHUFFLE, ROCK LEFT CROSS SHUFFLE RIGHT**

1-2-3&4 Rock right foot right side, recover on left turning ¼ left, step forward on right, close left to right, step forward on right

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

**REPEAT**

**TAG**

At end of wall 4 only, replace cross shuffle at end of dance with sway right and left then start again from beginning of section 1

Music slows at section 9 wall 1 and section 7 on wall 3. Dance through this

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