

My Old Me Better

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Improver
編舞者: Cati Torrella (ES) - April 2022
音樂: Old Me Better - Toby Keith



Intro: 16 counts

[1-8]: SIDE, TOGETHER, SHUFFLE FORWARD - R & L

1 Step right on RF
2 Step LF beside right
3&4 Shuffle forward RF-LF-RF
5 Step left on LF
6 Step RF beside left
7&8 Shuffle forward LF-RF-LF

[9-16]: ROCKING CHAIR, JAXX BOX CROSS

1 Rock forward on RF
2 Recover weight on LF
3 Rock back on RF
4 Recover weight on LF
5 Cross RF over left
6 Step back on LF
7 Step right on RF
8 Cross LF over right

[17-24]: RIGHT CHASSÉ, ¼ LEFT & LEFT CHASSÉ, ¼ LEFT & RIGHT CHASSÉ, BACK ROCK STEP

1&2 Chassé to the right side RF-LF-RF
3&4 Turn ¼ to left and Chassé to the left side LF-RF-LF (looking at 9:00)
5&6 Turn ¼ to left and Chassé to the right RF-LF-RF (looking at 6:00)
7 Rock back on LF
8 Recover weight on RF

[25-32]: KICK BALL CROSS x 2, SLIDE, SYNCOPATED V STEPS

1 Kick LF forward to the diagonal
& Step on ball of LF beside right
2 Cross RF over left
3 Kick LF forward to the diagonal
& Step on ball of LF beside right
4 Cross RF over left
5 Slide to the left side on LF
6 slide RF beside left, no changing weight
& Step RF slightly forward to the diagonal right
7 Step LF slightly forward to the diagonal left
& Step back on RF to the center
8 Step back on LF to the center

START AGAIN

TAG: At the end of 2nd Wall, add these 6 counts (you will be looking at 12:00)

[1-6]: GRAPEVINE RIGHT, LEFT SLIDE, TOUCH

1 Step right on RF
2 Step LF behind right

- 3 Step right on RF
- 4 Touch LF beside right
- 5 Slide to the left side on LF
- 6 slide RF beside left, no changing weight

NOTE - On the 7th wall, the music stops... but you don't stop, keep dancing until the end and you will restart the new wall looking at 6 o'clock with the music starting again.

You will dance two more entire walls and another wall until count 18, ending with the Chassé to the right, looking at 12 o'clock
