

As Good As I Once Was

COPPER KNOB
STEPPERS

拍數: 0 牆數: 4 級數: Improver
編舞者: Dennis Duke (USA) & Ruthie Duke (USA)
音樂: As Good As I Once Was - Toby Keith



Sequence: A, A, Pause, A, A, Tag, A, A, Pause, A, A, A, Pause, A, A, A

PART A

HEEL, TOGETHER, HEEL, TOGETHER, HEEL, HOOK, SHUFFLE

- 1-2 Touch right heel forward, step right beside left
- 3-4 Touch left heel forward, step left beside right
- 5-6 Touch right heel forward, hook right heel in front of left knee
- 7-8 Shuffle forward (right-left-right)

HEEL, TOGETHER, HEEL, TOGETHER, HEEL, HOOK, SHUFFLE

- 9-10 Touch left heel forward, step left beside right
- 11-12 Touch right heel forward, step right beside left
- 13-14 Touch left heel forward, hook left heel in front of right knee
- 15-16 Shuffle forward (left-right-left)

STEP, TURN, SHUFFLE, STEP, TURN, SHUFFLE

- 17-18 Step right forward, pivot ½ to the left putting weight on left
- 19-20 Shuffle forward (right-left-right)
- 21-22 Step left forward, pivot ½ to the right putting weight on right
- 23-24 Shuffle forward (left-right-left)

KICK TWICE, ¼ RIGHT, ¼ LEFT, ¼ RIGHT

- 25-26 Kick right forward twice
- 27-28 Step right ¼ turn to right (turning body to right), touch left next to right
- 29-30 Step left ¼ turn to left (turning body to left), touch right next to left
- 31-32 Step right ¼ turn to right (turning body to right), step left next to right

TAG

VINE RIGHT WITH ½ TURN, VINE LEFT, VINE RIGHT WITH ½ TURN, VINE LEFT

- 1-2 Step right to right, step left behind right
- 3-4 Step right to right with ½ turn to right (to the right), touch left beside right
- 5-8 Step left to left, step right behind left, step left to left, touch right beside left
- 9-10 Step right to right, step left behind right
- 11-12 Step right to right with ½ turn to right (to the right), touch left beside right
- 13-16 Step left to left, step right behind left, step left to left, touch right beside left

After each pause, the dance begins again on the word "once" with Right heel forward. This would be an easy/beginner line dance with the part A step pattern, but the sequence (pauses and tag) bring it closer to an intermediate dance.