

Seems Like Yesterday

LINEDANCE.COM

Count: 64 **Wall:** 2 **Level:** Improver

Choreographer: Michelle Mathieson (Aug 2013)

Music: Toby Keith - Beers Ago (Jason Nevins Remix)

Sec 1: Stomp, Kick, Crossing Shuffle, Rocking Chair

- 1 - 2 Stomp R beside L, kick R across L
- 3&4 Cross step R over L, Step L to L side, Cross step R over L
- 5 - 8 Rock L forward, recover weight on R, Rock L back, recover weight on R

Sec 2: Stomp, Kick, Crossing Shuffle, Rocking Chair

- 1 - 8 Repeat Steps 1 - 8 L foot leading

Sec 3: Side Shuffle, Back Rock, Side Shuffle, Back Rock

- 1&2 Step R to R side, Step L beside R, Step R to R side
- 3 - 4 Rock L back, recover weight on R
- 5&6 Step L to L side, Step R beside L, Step L to L side
- 7 - 8 Rock R back, recover weight on L

Restart here Wall 3

Sec 4: Step Forward, Hold, Ball Step Touch, Step Back, Hold, Ball Step, Touch

- 1-2 Step R forward, Hold
- &3-4 Step ball of L beside R, Step R forward, Touch L beside R
- 5-6 Step L back, Hold
- 7-8 Step ball of R beside L, Step L back, Touch R beside L

Sec 5: Heel Switches, Syncopated Monterey, Heel Switches, Heel Hitch

- 1&2 Touch R heel forward, Step R beside L, Touch L heel forward
- &3&4 Step L beside R, Touch R to R side, Turn $\frac{1}{2}$ turn R and step R beside L, Touch L to Left side
- &5&6 Step L beside R, Touch R heel forward, Step R beside L, Touch L heel forward
- &7-8 Step L beside R, Touch R heel forward, Hitch R knee up

Sec 6: Heel Grind, Coaster, Heel Grind, Coaster

- 1 - 2** Step R heel forward, toes turned in, grind heel turning toes out, Step L back
- 3&4** Step R back, Step L beside R, Step R forward
- 5 - 6** Step L heel forward, toes turned in, grind heel turning toes out, Step R back
- 7&8** Step L back, Step R beside L, Step L forward

Sec 7: Step Pivot $\frac{1}{4}$ Turn, Stomp, Stomp, Repeat

- 1 - 4** Step R forward, Pivot $\frac{1}{4}$ turn L (weight on L), Stomp R, Stomp L
- 5 - 8** Step R forward, Pivot $\frac{1}{4}$ turn L (weight on L), Stomp R, Stomp L

Sec 8: Forward Rock, Shuffle $\frac{1}{2}$ turn, Forward Rock, Coaster Step

- 1 - 2** Rock R forward, recover weight on L,
- 3&4** Step R $\frac{1}{4}$ turn R and to side, Step L beside R, Step R $\frac{1}{4}$ turn R and forward
- 5 - 6** Rock L forward, recover weight on R
- 7&8** Step L back, Step R beside L, Step L forward

Contact: mmathieson1@gmail.com