

# Heard It All Before

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**Count:** 48                      **Wall:** 2                      **Level:** Advanced

**Choreographer:** Malene Jakobsen , Dk - Nov. 2015

**Music:** Lost by Anouk. Album: Hotel New York, [iTunes, 64 BPM]

**Intro: 16 counts 16 seconds into track, dance begins with weight on R**

**Note: The music is Viennese waltz, but not written as a waltz.**

**[1-9] Step, 1/4, cross shuffle with sweep, cross, 1/4, full turn sweep, behind, side, cross, side rock, cross, side, touch**

**&1-2(&) Step fwd. on L, (1) step fwd. on R, (2) turn 1/4 L 9.00**

**&a3(&) Cross R over L, (a) step L slightly L, (3) cross R over L sweeping L from back to front 9.00**

**4&(4) Cross L over R, (&) turn 1/4 L stepping back on R 6.00**

**a5(a) Turn 1/2 L stepping fwd. on L, (5) turn 1/2 L stepping back on R sweeping L from front to back 6.00**

**6&a7(6) Cross L behind R, (&) step R to R, (a) cross L over R, (7) step R to R 6.00**

**8&a1(8) Rock back on L, (&) recover onto R, (a) step L to L, (1) touch R toes beside L 6.00**

**10-17] 1/4, point, 3/4, R twinkle, cross, 1/4 cross, side, 1/2, side, cross**

**&2(&) Turn 1/4 R stepping R slightly R, (2) point L to L prepping for turning L 9.00**

**3(3) Turn 1/4 L stepping down on L and continue to turn another 1/2 L sweeping R around 12.00**

**4&a5(4) Cross R over L, (&) step L to L, (a) step R to R, (5) cross L over R 12.00**

**&6(&) Turn 1/4 L stepping back on R, (6) step L to L 9.00**

**&7(&) Cross R over L, (7) rock L to L (angle your body slightly diagonally R prepping to turn) 9.00**

**8&1(8) Recover onto R and on ball of R make 1/2 L, (&) step L to L (1) cross R over L 3.00**

**[18-24] Basic 1/4, basic 1/2, basic 1/2, back rock, 1/4, behind with sweep, cross behind**

**2&a(2) Turn 1/4 R stepping back on L, (&) step R next to L, (a) step L next to R 6.00**

**3&a(3) Turn 1/2 R stepping fwd. on R, (&) step L next to R, (a) step R next to L 12.00**

**4&a(4) Turn 1/2 R stepping back on L, (&) step R next to L (a) step L next to R 6.00**

**5-6(5) Rock back on R, (6) recover onto L 6.00**

**&7-8(&) Turn 1/4 L stepping R to R, (7) cross L behind R sweeping R from front to back, (8) cross R behind R 3.00**

**[25-32] Side, cross, side, behind, 1/4, pivot 1/2, R mambo, back back, 1/4, "Monterey"**

**&1&2(&) Step L to L, (1) cross R over L, (&) step L to L, (2) cross R behind L 3.00**

**&3-4(&) Turn 1/4 L stepping fwd. on L, (3) step fwd. on R, (4) turn 1/2 L 6.00**

**&a5(&) Rock fwd. on R, (a) recover onto L, (5) step slightly back on R 6.00**

**&6(&) Step back on L, (6) step back on R 6.00**

**&7(&) Turn 1/4 L stepping L to L, (7) point R to R 3.00**

**&8(&) Turn 1/2 R stepping R next to L, (8) point L to L 9.00**

**[33-40] Cross with hitch, cross behind, side rock, behind with sweep, behind side cross, side, kick ball cross, side, kick ball cross**

**1(1) Cross L over R hitching R diagonally R 9.00**

**2&a3(2) Cross R behind L, (&) rock L to L, (a) recover onto R, (3) cross L behind R sweeping R from front to back 9.00**

**4&a5(4) Cross R behind L, (&) step L to L, (a) cross R over L, (5) step L to L 9.00**

**6&a7(6) Kick R diagonally R, (&) step R next to L, (a) cross L over R, (7) step R to R 9.00**

**8&a(8) Kick L diagonally L, (&) step L next to R, (a) cross R over L**

**NOTE: The kicks are not really kicks, it's more a marking of a kick - keep the kicking foot close to the floor.**

**It's about filling out the music kinda thing**

**[41-48] 1/4, 1/2, chase turn, chase turn, rock fwd., run back**

**1&(1) Turn 1/4 R stepping back on L, (&) turn 1/2 R stepping fwd. on R 6.00**

**2&3(2) Step fwd. on L, (&) turn 1/2 R, (3) step fwd. on L 12.00**

**4&a5(4) Step fwd. on R, (&) turn 1/2 L, (a) step fwd. on R, (5) rock fwd. on L 6.00**

**6&a(6&a) Run back R, L, R 6.00**

**7-8(7) Rock back on L, (8) recover onto R**

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