

Heard It All Before

64 count, 4 wall, Intermediate level
Choreographer: Lady Lace (UK) Feb 06
Choreographed to: Sorry by Madonna,
CD: Confessions On A Dance Floor

Touch, Hitch & Twist, Coaster, Toe Across Unwind $\frac{3}{4}$, Right Shuffle

- 1-2 Touch L beside R, hitch L (twist body left, arm bent fist clenched, try to touch left knee)
- 3&4 Step back left, step R beside L, step L forward
- 5-6 Touch R toe across L, unwind $\frac{3}{4}$ left weight end on L
- 7&8 Step R forward, close L beside R, step R forward

L Shuffle, Touch, Hitch & Twist, Coaster, Toe Across Unwind $\frac{3}{4}$ Right

- 1&2 Step L forward, close R to L, step L forward
- 3-4 Touch R beside left, hitch R, twist body R (try to touch L elbow to R knee)
- 5&6 Step R back, step L beside R, step R forward
- 7-8 Touch L toe across R, unwind $\frac{3}{4}$ right

Side, Hold, & Scissor Step, Hold, Side, Hold & Scissor Step, Hold

- 1-2 Step Left to side, hold
- &3,4 Bring R in beside L, cross step L over R, hold
- 5-6 Step R to side, hold
- &7,8 Bring L in beside R, cross step R over L, hold

Side Strut, $\frac{1}{4}$ Turn R, Side Strut $\frac{1}{4}$ Turn R, Left Jazz Box, Touch

- 1-2 Touch ball of L to side, step down turn $\frac{1}{4}$ right
- 3-4 Touch ball of R to side, step down turn $\frac{1}{4}$ right
- 5-8 Cross step L over R, step R back, step L to side, touch R beside L

$\frac{1}{4}$ Turn Shuffle, $\frac{1}{2}$ Turn Shuffle, $\frac{1}{2}$ Turn Shuffle, Side Rock $\frac{1}{4}$ Turn Right

- 1&2 Step R $\frac{1}{4}$ turn right, close L to R, step R forward
- 3&4 Step L $\frac{1}{4}$ turn R, close R to L, step L back $\frac{1}{4}$ turn R
- 5&6 Step R $\frac{1}{4}$ turn right, close L to R, step R $\frac{1}{4}$ turn right
- 7-8 Step L forward, turn $\frac{1}{4}$ turn R recover

Cross, Hold & Side, Cross Shuffle, $\frac{1}{2}$ Turn Left, R Kick Ball Change

- 1-2 Cross step L over R, hold
- &3&4 Small step R to side, cross L over R, step R to side, cross step L over R
- 5-6 Make $\frac{1}{4}$ turn left stepping back onto R, step left to side $\frac{1}{4}$ turn left
- 7&8 Kick R forward, step R beside L, step L in place

$\frac{1}{4}$ Turn Left Toe Touch, Centre, $\frac{1}{4}$ Turn Right Toe Touch, Centre, $\frac{1}{4}$ Turn Left Toe Touch, Centre, Rock & $\frac{1}{4}$ Turn Left

- 1-2 Turn $\frac{1}{4}$ left touch R toe to side, step down turn $\frac{1}{4}$ right
- 3-4 Turn $\frac{1}{4}$ right touch L toe to side, step down turn $\frac{1}{4}$ right
- 5-6 Turn $\frac{1}{4}$ left touch R toe to side, step down turn $\frac{1}{4}$ right
- 7&8 Rock L forward, recover, step L to side turning $\frac{1}{4}$ left

Extended Weave Left, Right Sailor $\frac{1}{4}$ Turn Right

- 1-4 Cross step R over L, step L to side, step R behind L, step L to side
- 5-6 Cross step R over L, step L to side
- 7&8 Step R behind L, Step L $\frac{1}{4}$ turn right, step R to side