

Heard It All Before

Choreographer: Malene Jakobsen, Denmark
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Type of dance:	48 counts, 2 walls	
Level:	Advanced	
Choreographed to:	Lost by Anouk from the album Hotel New York, available on 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.	
Counts	Footwork	Facing
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
18-25	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
26-32	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
33-41	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	
42-48	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	