

# A Better Day (#ldfww2022)

**COPPER** **KNOB**  
STEPSHEETS

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: José Miguel Belloque Vane (NL) & Mary Bee Friedrich (DE) - 16 July 2022

Musik: Kernkraft 400 (A Better Day) - Topic & A7S



Intro: 16 - start dancing with weight on L

#ldfww2022

Motion: Novelty / Electro House

Tag: 4 C // Wall 5

Note: it's just a modern line dance to have fun to dance :-)

RF > right foot / LF > left foot / fwd > forward / bwd > back behind

## Section 1 [1 - 8] Step,Touch,Back,Hook,Shuffle, Rock, Recover

- 1 - 2 RF step fwd., LF touch behind RF 12:00
- 3 - 4 LF step back, RF hook in front of LF 12:00
- 5 & 6 RF step fwd., LF close to RF, RF step fwd., 12:00
- 7 - 8 LF rock fwd., RF recover on weight 09:00

## Section 2 [9 - 16] ¼ Turn L, Hold, Ball Chasse, Cross Rock, Side Rock

- 1 - 2 LF ¼ turn to left, hold 09:00
- &3 &4 RF ball step to left, LF step to left, RF ball step to left, LF step to left 09:00
- 5 - 6 RF crossover LF, LF recover on weight 09:00
- 7 - 8 RF step to right. LF recover on weight 09:00

## Section 3 [17 - 24] Back Rock, Shuffle Turn, Rock Back, Kick Ball Step

- 1 - 2 RF rock back, LF recover on weight, 09:00
- 3 &4 RF step ¼ turn to left, LF close to RF, RF ¼ step back 03:00
- 5 - 6 LF rock back, RF recover on weight 03:00
- 7 &8 LF kick fwd., RF ball step (weight only on ball), LF step fwd. 03:00

## Section 4 [25 - 32] Step, Hold, Ball Step, Scuff, Jazz Box

- 1 - 2 LF step fwd., hold (full weight on LF) 03:00
- &3 - 4 RF ball step (weight only on ball) LF step fwd., RF scuff fwd., 03:00
- 5 - 6 RF crossover LF, LF step back 03:00
- 7 - 8 + RF step to right side, LF step fwd., 03:00

## Tag @ the end of wall 5 Step Touch Step Hook 03:00

- 1 - 2 RF step fwd., LF touch behind RF 03:00
- 3 - 4 LF step back, RF hook in front of LF 03:00

N- joy it :)

Contact:

Jose\_nl@hotmail.com

www.josemiguel.nl

marybeefriedrich@web.de

www.linedancefriendship.de

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