

A Better Man

COPPER KNOB
BY STEPHEN

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: Chris Jones (UK)

Musique: Loving You Makes Me a Better Man - Hal Ketchum



BACK ROCK, DIAGONAL RIGHT LOCKS FORWARD, ROCK FORWARD, DIAGONAL LEFT LOCKS FORWARD

- 1-2 Cross rock right behind left rock back onto left
- 3&4 Right diagonally forward to right, lock left behind right, right diagonally forward
- 5-6 Rock diagonally forward onto left, recover onto right
- 7&8 Left diagonally forward to left, lock right behind left, left diagonally forward

ROCK FORWARD, RECOVER, ½ TURN RIGHT SHUFFLE, ½ TURN LEFT SHUFFLE, RIGHT COASTER STEP

- 9-10 Rock forward on right, rock back onto left
- 11&12 Turn ½ to right stepping right forward, left up to right, right forward
- 13&14 Turn ½ to right stepping left back, right up to left, left back
- 15&16 Right back, step left next to right, step right forward

WALK LEFT RIGHT, KICK & TOUCH, SAILOR STEP, ¼ TURNING SAILOR STEP

- 17-18 Walk forward left then right
- 19&20 Kick left forward, replace left, touch right to the right side
- 21&22 Cross right behind left, step left to left side, step right to right side
- 23&24 Turn ¼ left stepping left behind right, step right to right side, step left to left side

RIGHT SHUFFLE FORWARD, ½ TURNING SHUFFLE, ROCK BACK RECOVER STEP FORWARD TOUCH

- 25&26 Right forward, step left up to right, right forward
- 27&28 Turn ½ to right stepping left back, right up to left, step left back
- 29-30 Rock back onto right, forward left
- 31-32 Step forward right, touch left next to right

KICK LEFT FORWARD & TOUCH TOE BACK, TURN ¼ RIGHT, TOUCH TOE BACK & TOE FORWARD, RIGHT SHUFFLE FORWARD, LEFT KICK OUT OUT

- 33&34& Kick left forward, replace left, touch right toe back, turn ¼ right stepping on right
- 35&36 Touch left toe back, replace left, touch right toe to left toe
- 37&38 Right forward, step left up to right, right forward
- 39&40 Kick left forward, step left to left side, step right to right side

BUMP RIGHT LEFT RIGHT, LEFT RIGHT LEFT, STEP SIDE TOGETHER SIDE TOGETHER SIDE

- 41&42 Bump hips right left right
- 43&44 Bump hips left right left,
- 45-46 Step right to right side, step left next to right
- 47&48 Step right to right step left next to right step right to right side

¼ TURNING LEFT SHUFFLE, ROCK FORWARD RECOVER, ¾ TURNING SHUFFLE LEFT SHUFFLE FORWARD

- 49&50 Turn ¼ left stepping left forward, step right to left, step left forward
- 51-52 Rock forward right, rock back onto left
- 53&54 Turn ¾ to right stepping forward right, step left to right, step forward right
- 55&56 Left forward, step right up to left, left forward

ROCK FORWARD RECOVER, ½ RIGHT SHUFFLE STEP TO LEFT SIDE & 2 X, SYNCOPATED SAILORS

57-58 Rock forward right rock back onto left
59&60 Turn ½ to right stepping forward right, step left up to right, right forward
61&62& Step left to side, step right behind left, step left to left, step right to right side
63&64 Step left behind right, step right to right side, step left to left side (angling body to right)

REPEAT
