

Better When I'm Dancin'

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Julia Wetzel (USA) - October 2015
音乐: Better When I'm Dancin' - Meghan Trainor : (Album: The Peanuts Movie
Soundtrack - 2:56)



Intro: 16 counts (approx. 8 seconds into track)

[1 – 8] □ (Side, Touch, Kick, Ball, Cross) x2

1, 2 Step on R to right side (1), Touch L next to R (2) □ 12:00
3&4 Kick L to left diag. (3), Step ball of L next to R (&), Cross R over L (4) □ 12:00
5, 6 Step on L to left side (5), Touch R next to L (6) □ 12:00
7&8 Kick R to right diag. (7), Step ball of R next to L (&), Cross L over R (8) □ 12:00

[9 – 16] □ Side, Behind, ¼ Shuffle, Step, Touch, Hip Swings □

1, 2 Step on R to right side (1), Step L behind R (2) □ 12:00
3&4 ¼ Turn right step R fw (3), Step L next to R (&), Step R fw (4) □ 3:00
5, 6 Step L fw (5), Touch R next to L (6) □ 3:00
7, 8 Step R to right side and swing hip to right side (7), Step L to left side and swing hip to left side (8) □ 3:00

[17 – 24] □ Side, ¼ Hitch, Shuffle, Step, Kick, Coaster □

1, 2 Step on R to right side (1), ¼ Turn left on R by swiveling R heel to right side and hitch L (2) □ 12:00
3&4 Step L fw (3), Step R next to L (&), Step L fw (4) □ 12:00
5, 6 Step R fw (5), Kick L fw (6) □ 12:00
7&8 Step L back (7), Step R next to L (&), Step L fw (8) □ 12:00

[25 – 32] □ Rock, ½ Shuffle, Step, Point (R, Fw, R) □

1, 2 Rock R fw (1), Recover on L (2) □ 12:00
3&4 ¼ Turn right step R to right side (3), Step L next to R (&), ¼ Turn right step R fw (4) □ 6:00
5 - 8 Step L fw (5), Point R to right side (6), Point R fw (7), Point R to right side (8) □ 6:00

[33 – 40] □ Step, ¼ Flick, Diag. Shuffle, ⅙ Hip Roll (2x) □

1, 2 Step R fw in front of L (1), ¼ Turn right on ball of R and flick L back (2) □ 9:00
3&4 Step L fw slightly cross R (3), Step R next to L (&), Step L fw slightly cross R (4) (towards 10:00) □ 9:00
5 - 8 Step R to right and roll hip CCW making ⅙ turn left taking weight on L (5-6), Repeat for (7-8) □ 6:00

[41 – 48] □ Cross Samba, Diag. Shuffle, ⅙ Hip Roll (2x) □

1&2 Cross R over L (1), Rock L to left side (&), Recover on R (2) □ 6:00
3&4 Step L fw slightly cross R (3), Step R next to L (&), Step L fw slightly cross R (4) (towards 7:00) □ 6:00

*See Restart instruction below for Wall 2 □

5 - 8 Step R to right and roll hip CCW making ⅙ turn left taking weight on L (5-6), Repeat for (7-8) □ 3:00

[49 – 56] □ (Cross Rock, Side Shuffle) x2 □

1, 2 Cross rock R over L (1), Recover on L (2) □ 3:00
3&4 Step R to right side (3), Step L next to R (&), Step R to right side (4) □ 3:00
5, 6 Cross rock L over R (5), Recover on R (6) □ 3:00
7&8 Step L to left side (7), Step R next to L (&), Step L to left side (8) □ 3:00

[57 – 64] (Cross, Point) x2, ¼ Jazz Box

1 - 4 Cross R over L (1), Point L to left side (2), Cross L over R (3), Point R to right side (4) 3:00
5-8 Cross R over L (5), ¼ Turn right step back on L (6), Step R to right side (7), Cross L over R
(8) 6:00

Restart On Wall 2, dance up to count 44 (finish diag. shuffle facing 12:00), then do a Jazz Box for counts 45-48: Cross R over L (5), Step back on L (6), Step R to right side (7), Cross L over R (8). Then start Wall 3 facing 12:00.

Ending On Wall 6, dance up to count 44 (finish diag. shuffle facing 12:00), then do the hip rolls in place without turning to stay at 12:00.
Then cross R over L to end the dance. □

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