

# Better In Time (我會更好) (zh)

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Intermediate  
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音乐: Better In Time - Leona Lewis



前奏 : 32 count intro 32拍後起跳

- 第一段**      **Step Side, Rock, Recover, Step Forward & 1/2 Turn, Step Forward, Step Together, Step Side, Rock Recover, Step, Step Right, Step Left, Turn ¼ Turn Step Right**  
側踏, 下沉回復, 踏轉1/2, 前踏, 併踏, 側踏, 下沉回復, 踏, 右踏, 左踏, 轉1/4右踏
- 1 2&      Step right to right side, rock left back, recover on right  
右足右踏, 左足後下沉, 右足回復
- 3      Step left forward and turn ½ turn (6:00)  
左足前踏轉180度(面向6點鐘)
- 4&5      Step right forward, step left beside right, step right out to right side    右足前踏, 左足併踏, 右足右踏
- 6&7      Rock left back, recover on right, step on left  
左足後下沉, 右足回復, 左足踏
- 8&1      Step right to right, step left beside right, turning ¼ turn step right (9:00) 右足右踏, 左足併踏, 右轉90度右足踏(面向9點鐘)
- 第二段**      **Step Left & Tur N 1/2 Turn, Step Right, Rock, Recover, Step, Sway, Sway, Step, Step, Step Side**  
左踏轉1/2, 右踏, 下沉回復, 踏擺臀, 擺臀, 踏, 踏, 側踏
- 2&3      Step left while making ½ turn, step right, step left (3:00)  
左足踏轉180度, 右足踏, 左足踏(面向3點鐘)
- 4&5      Rock forward on right, recover on left, step right beside left  
右足前下沉, 左足回復, 右足併踏
- 6 7      Step left slightly out to left and sway hips left and right  
左足略向左踏左擺臀, 右擺臀
- 8&1      Step left to left, step right beside left, step left out to left side  
左足左踏, 右足併踏, 左足左踏
- 第三段**      **Rock, Recover, Step Side, Sailor 1/4 Turn Right, Behind, Step, Step, Sway** 下沉回復, 側踏, 右轉水手步, 後, 踏, 踏, 擺臀
- 2&3      Rock right back, recover on left, step right to right side  
右足後下沉, 左足回復, 右足右踏
- 4&5      Step left behind right, making a ¼ turn right step right, step left beside right (6:00)  
(轉水手)左足於右足後踏, 右轉90度右足踏, 左足併踏(面向6點鐘)
- 6&7      Step right behind left, step left in place, step right beside left  
右足於左足後踏, 左足踏, 右足併踏
- 8      Step left slightly out to left and sway hips left  
左足略向左踏左擺臀
- 第四段**      **Sway, Step Lock Step Back, Sweep, Sweep, Sweep, Step, Together, Step Forward** 擺臀, 後鎖步, 繞, 繞, 繞, 前交換
- 1      Step right slightly out to right and sway hips right  
右足略向右踏右擺臀
- 2&3      Step left back, lock right over left, step left back  
(後鎖步)左足後踏, 右足於左足前鎖步, 左足後踏
- 4      Sweep right out to right side and around behind placing weight on right 右足繞至後重心在右足

- 5 Sweep left out to left side and around behind placing weight on left  
左足繞至後重心在左足
- 6 Sweep right out to right side and around behind placing weight on right 右足繞至後重心在右足
- 7&8 Step left forward, step right beside left, step left forward  
(前交換)左足前踏, 右足併踏, 左足前踏
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