

Better When I'm Dancing

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Brenda Holcomb (USA) - March 2016
音乐: Better When I'm Dancin' - Meghan Trainor



Intro: 16 counts - Start on Lyrics

Section One: Side Mambo, Triple, Side Mambo, Triple

1-2 Rock R to side, Recover on L
3 & 4 Triple in place R,L,R
5-6 Rock Left to side, Recover on Right
7 & 8 Triple in place L,R,L

Section Two: Cross Rock, ¼ turn R Triple, Cross Rock ½ turn L Triple

1-2 Cross R over L, recover on L
3 & 4 Make a ¼ turn R, triple R,L,R
5-6 Cross L over R, recover on R
7 & 8 Make a ½ turn L, triple L,R,L

Section Three: Heel Switches, Step Big Step Forward, Long Drag (Repeat)

1&2& R Heel forward (1) & bring back home (&), L Heel forward (2) & home (&)
3-4 A big step forward on R and drag the L to the R foot.
5&6& R Heel forward (1) & bring back home (&), L Heel forward (2) & home (&)
7-8 A big step forward on R and drag the L to the R foot.

Section Four: Double Hip Bumps and Single Hip Rolls

1-2 Hips Bumps 2 R (can roll the arms for style)
3-4 Hips Bumps 2 L (can roll the arms for style)
5-8 Single Bumps R,L,R,L or figure 8 with the hips add your style.

Start Again, and Have Fun! Hope you Enjoy!

Contact: bholcomb3@triad.rr.com
