

Better Than He Can

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: High Improver
编舞者: Malene Jakobsen (DK) - September 2016
音乐: Treat You Better - Shawn Mendes : (Album: Illimate - Deluxe - iTunes)



Intro: 16 counts from the beginning approx. 12 seconds into track, dance begins with weight on R

There is 1 Restart on wall 5 after 16 counts, you will be facing 12.00

[1-9] Fwd., R fwd. mambo, L back mambo, mambo 1/4, cross shuffle with sweep

1-2&3 (1) Step fwd. on L, (2) rock fwd. on R, (&) recover onto L, (3) step back on R 12.00
4&5 (4) Rock back on L, (&) recover onto R, (5) step fwd. on L 12.00
6&7 (6) Rock fwd. on R, (&) recover onto L, (7) turn 1/4 R stepping R 3.00
8&1 (8) Cross L over R, (&) step R to R, (1) cross L over R sweeping R from back to front 3.00

[10-16] 3/4 diamond pattern

2&3 (2) Cross R over L, (&) step L to L, (3) cross R slightly behind L turning 1/8 R sweeping L front to back 4.30
4&5 (4) Cross L behind R, (&) turn 1/4 stepping fwd. on R, (5) cross L slightly over R sweeping R from back to front 7.30
6&7 (6) Cross R over L, (&) turn 1/4 R stepping back on L, (7) step back on R sweeping L from front to back 10.30
8& (8) Cross L slightly behind R, (&) turn 1/8 R stepping R to R 12.00

NOTE: Wall 5, Restart here you will be facing 12.00

[17-25] Syncopated rocking chair, shuffle, syncopated rocking chair, step fwd., anchor step

1&2& (1) Rock fwd. on L, (&) recover onto R, (2) rock back on L, (6) recover onto R 12.00
3&4 (3) Step fwd. on L, (&) step R next to L, (4) step fwd. on L 12.00
5&6& (1) Rock fwd. on R, (&) recover onto L, (2) rock back on R, (6) recover onto L 12.00
7 (7) Big step fwd. on R 12.00
8&1 (8) step L behind R, (&) lock R slightly over L, (1) step back on L sweeping R front to back 12.00

[26-32] Back locks with sweeps x 2, sailor 1/4, back rock

2&3 (2) Step back on R, (&) lock L across R, (3) step back on R sweeping L from front to back 12.00
4&5 (4) Step back on L, (&) lock R across L, (5) step back on L sweeping R from front to back 12.00
6&7 (6) Cross R behind L turning 1/4 R, (&) step L to L, (7) step R to R 3.00
8& (8) Rock back on L, (&) recover onto R 3.00

Ending Wall 8 starts facing 6.00. After doing the whole dance just turn 1/4 R stepping L to L on count 1 and finish the dance facing 12.00

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