

Better Without You

COPPER KNOB
STEP SHEETS

拍数: 64

墙数: 2

级数: Phrased Intermediate / Advanced
Cha Cha

编舞者: Lilian Lo (HK) - June 2019

音乐: Better Without You - Rhian Benson : (Single)



Phrasing: AAB AAB AAB A

Intro: 32 counts (18 seconds into the track)

Part A: 32 counts

(1 – 8) Side, close, tap, behind, ¼ L, forward, check, replace, ½ L, ½ L

- 1 2&3 RF big step to side (1), hold (2), LF closed to RF (&), RF tap to side (3)
4&5 RF cross behind LF (4), ¼ turn L, LF step forward (&), RF step forward (5) @9:00
6 7& LF cross over RF (6), replace on RF (7), ½ turn L (&) @3:00
8& LF step forward (8), ½ turn L, RF closed to LF (&)

(9 – 16) Forward, back, hook, kick, step, ¼ L, side, tap x 2, rock, replace

- 1 2 3 LF step forward (1), RF step back (2), L leg hook across R leg (3)
4&5 LF small kick forward (4), LF step in place (&), ¼ turn L, RF step to side (5) @6:00
6&7 Hold (6), LF cross tap over RF with bend knee (&), LF tap to side (&)
8& LF rock back behind RF (8), replace on RF (&)

(17 – 24) Side, ¼ R, (cross, back, back) x 4

- 1 LF step to side (1)
2&3 ¼ turn R, RF cross over LF (2), LF step back (&), RF step diagonally back (3) @9:00
4&5 LF cross over RF (4), RF step diagonally back (&), LF step diagonally back (5)
6&7& Hold (6), RF cross over LF (&), LF take small diagonally back step (7), RF step diagonally back (&)
8& LF cross over RF (8), RF take small diagonally back step (&)

(25 – 32) ¼ L, (tap, ¼ R, replace, tap, replace) x 3, ¼ R

- 1 2& ¼ turn L, LF step to side (1), RF tap next to LF (2), ¼ turn R, replace on RF (&) @9:00
3& LF tap next to RF (3), replace on LF (&)
4& RF tap next to LF (4), ¼ turn R, replace on RF (&) @12:00
5& LF tap next to RF (5), replace on LF (&)
6& RF tap next to LF (6), ¼ turn R, replace on RF (&) @3:00
7&8& LF tap next to RF (7), replace on LF (&), RF tap next to LF (8), ¼ turn R (&) @6:00

Part B: 32 counts

(1 – 8) Side, check, replace, side, cross, side, check, replace, side, cross

- 1 2 3 RF step to side (1), LF cross over RF (2), replace on RF (3)
4&5 LF step to side, slightly backward (4), RF cross over LF (&), LF step to side (5)
6 7 RF cross over LF (6), replace on LF (7)
8& RF step to side, slightly backward (8), LF cross over RF (&)

(9 – 16) Side, syncopated Cuban Break, (side, close) x 3, 1/8 R

- 1 RF step to side (1)
2&3& LF cross over RF (2), replace on RF (&), LF step to side, rock L (3), replace on RF (&)
4&5& LF cross over RF (4), replace on RF (&), LF step to side (5), RF closed to LF (&)
6&7 LF step to side (6), RF closed to LF (&), LF step to side (7)
8& Hold (8), RF closed to LF, 1/8 turn R on RF (&)

(17 – 24) Cross, ½ R, ½ R, ronde, behind, ½ L, step, lock

1 2 LF cross over RF (1), hold (2)
3 4& ½ turn R, weight on LF (3), RF step in place (4), ½ turn R (&) @7:30
5 6 7 LF step back, RF ronde (5), RF cross behind LF (6), ½ turn L, LF step forward (7) @7:30
8& RF step forward (8), LF cross behind RF (&)

(25 – 32) Forward, cross, ½ R, ½ R, ronde, behind, ½ L, step, lock

1 2 3 RF step forward (1), LF cross over RF (2), ½ turn R, weight on LF (3) @1:30
4 5 6 RF step in place (4), ½ turn R, LF step back, RF ronde (5), RF cross behind LF(6) @7:30
7 ½ turn L, LF step forward (7) @1:30
8& RF step forward (8), LF cross behind RF (&)
