

Better As One

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Advanced
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音乐: Better as One - The Heavy



#32 Count Intro

Pattern: 64/Tag/48/64/Tag/48/64(Finish)

[1 - 8]: Slide, Knee Pop x 2, Slide, Knee Pop x 2

1-2 Long step RF to R side, step LF beside RF
3-4 Push both knees forward x 2 (Left then Right)
5-6 Long step LF to L side, step RF beside LF
7-8 Push both knees forward x 2 (Right then Left)

[9 - 16]: Press Slide, Press Slide, Cross Side Rock, Cross Kick Step

1-2 Press RF beside LF, slide LF back to L diagonal
3-4 Press LF beside RF, slide RF back to R diagonal
5&6 Cross RF over LF, rock LF to L side, recover weight to RF
&7&8 Cross LF over RF, kick RF to R side, Hitch R knee, step RF beside LF

[17 - 24]: Swivet, Back Together, Heel Hip Bumps

1-2 Swivet R toe to R side L heel to L side, recover to center
3-4 Long step back on RF, step LF beside RF
5&6 Touch R heel forward bump hips forward, bump hips back, step RF forward
7&8 Touch L heel forward bump hips forward, bump hips back, step LF forward

[25 - 32]: Moonwalk Glides 1/2 Turn x 2, Vine, Cross, C Bump, Hip

1-2 Touch RF forward slide LF back, turn 1/2 L taking weight to L
3-4 Touch RF forward slide LF back, turn 1/2 L taking weight to L

(Easy Alternative, Step Pivot 1/2 turn Lx2)

5& Step RF to R side, step LF behind RF
6& Step RF to R side, Cross LF over RF
7-8 Hitch R knee, step RF to R side bump hips R

[33 - 40]: Hip, Hip, Full Turn Step Hitch Step Hitch, Side, Touch

1-2 Bump hips L, bump hips R
3-4 Turn 1/4 L step LF forward, turn 1/4 L hitch R knee
5-6 Turn 1/4 L step RF back, turn 1/4 L hitch L knee
7-8 Step LF to L side, touch RF beside LF

[41 - 48]: Kick & Twist, Kick & Twist, Point & Point, Body Roll, Twist

1& Kick RF to R diagonal, step RF beside LF
2& Twist toes out, recover toes to center (as you open toes, bend knees slightly)
3& Kick LF to L diagonal, step LF beside RF
4& Twist toes out, recover toes to center (as you open toes, bend knees slightly)
5&6 Point RF to R side, step RF beside LF, point LF to L side
7-8 Body roll to L take weight on to LF

*RESTART HERE ON WALLS 2 & 4

[49 - 56]: Heel Twist x 2, Ball Cross, Side Rock, Ball Step, Touch

&1& Twist R heel out, twist R heel in, twist R heel out
2&3 Twist R heel in, step RF beside LF, cross LF over RF
4 Hold

5-6& Rock RF to R, recover weight to LF, step RF beside LF
7-8 Step LF to L, touch RF behind LF (click L hand to L side)

[57 - 64]: 1 1/2 Rolling Vine, Mashed Potatoes, Flick Step

1-2 Turn 1/4 R step RF forward, turn 1/2 R step LF back
3-4 Turn 1/2 R step RF forward, turn 1/4 R step LF to L
&5 Twist heels out, step RF back twist heels in
&6 Twist heels out, step LF back twist heels in
&7 Twist heels out, step RF back twist heels in
8 Close LF next to RF

***Tag After Walls 1 & 3**

[1 - 8]: Step Heel Swivels, Step Heel Swivels

1& Step RF to R diagonal, swivel L heel in
2&3 Swivel L toe in, swivel L heel in, swivel L toe in
&4 Raise up on both toes, lower both heels
5& Step LF to L diagonal, swivel R heel in
6&7 Swivel R toe in, swivel R heel in, swivel R toe in
&8 Raise up on both toes, lower both heels

[9 - 16]: Step Heel Swivels, Run Around, Cross & Cross

1& Step RF to R diagonal, swivel L heel in
2&3 Swivel L toe in, swivel L heel in, swivel L toe in
&4 Raise up on both toes, lower both heels
5& Turn 1/4 L step LF forward, turn 1/4 L step RF forward
6& Turn 1/4 L step LF forward, turn 1/4 L step RF forward
7&8 Cross LF over RF, step RF beside LF, cross LF over RF
