

# Better Days

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Kate (KOR) - October 2021  
音乐: Better Days - NEIKED, Mae Muller & Polo G



Intro : 16 Counts

Ready Posture : Standing facing the 9 o'clock and looking the the right (12:00)  
It's the starting pose for every wall.

## (S1) Rock Recover Together Hip Sway L R, Rock Recover Together Hip Sway R L

1-2            Rock Rf fwd(1), Recover weight Lf(2) 12:00  
3&4           Step Rf next to Lf(3), Hip sway Lf(&), Hip sway Rf(4)  
5-6           Turn L diagonally ↖ Rock Lf fwd(5), Recover weight Rf(6)  
7&8           Step Lf next to Rf(7), Hip sway Rf(&), Hip sway Lf(8)

## (S2) Sailor x2, Together Hip Sway L R Hold

1&2           Cross Rf behind Lf(1), Step Lf next to Rf(&), Step Rf side R(2)  
3&4           Cross Lf behind Rf(3), Step Rf next to Lf(&), Step Lf side L(4)  
5-6           Step Rf next to Lf, weight onto R(5), Hip sway Lf(6)  
7-8           Hip sway Rf(7), Hold(8) weight onto R

## (S3) Fwd Touch Side Touch x2, Body Wave, Slide Together Touch

1-2           Touch Lf in front of Rf(1), Touch Lf side L(2)  
3-4           Touch Lf in front of Rf(3), Touch Lf side L(4)  
5-6           Body wave R→L weight onto L (5-6)  
7-8           Slide Rf side R(7), Touch Rf next to Lf(8)

Optional Styling : **Stretch your right arm across your chest to the left.**  
**Put your Left arm above your head. (7-8)**

## (S4) Kick Together Kick, Behind Side Cross, Hip Sway R L R Side

1&2           L diagonally Kick Rf(1), Step Rf next to Lf(&), Kick Lf(2)  
3&4           Step Lf Behind Rf(3), Step Rf side R(&), Cross Rf over Lf(4)  
5-6           Step Rf side R with Lf knee out(5), Recover Lf with Rf knee out(6)  
7-8           Recover Rf together touch Lf(7), Step Lf side L(8)

Use the left leg hinge turn(1/4 turn L) to move on to the next wall.

Bridge & Restart : After 32 counts of wall 3, dance the 16 counts bridge. 6 o'clock

## (S1) Walk x3, Jump, Apple Jack, Jump

1234           Step Rf fwd(1), 1/4 L Turn Step Lf fwd(2), 1/4 L Turn Step Rf fwd(3) Jump both feet(4)  
5&6&           Hold(5), Swivel L toes to L & Swivel R heel to L(&), Recover in centre(6) Swivel R toes to R &  
Swivel L heel to R(&)  
7&8           Recover in centre(7), Swivel L toes to L & Swivel R heel to L(&) Jump both feet together(8)

## (S2) Cross Cross Back Point, Arm Move Side

1-2           Cross Rf over Lf(1), Cross Lf over Rf(2)  
3-4           Step Lf slight back(3), Cross point Lf over Rf(4)  
567           Stretch your Left arm from bottom to top 3 counts(567)  
8           Step Lf side L(8)

Happy Dancing!!

Last Update - 24 Oct. 2021

