

Better Days

COPPER KNOB
BY STEPHEN T. S.

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



Intro: 16 counts (approx. 8secs)

Sec 1: Touch (Forward-Back), Forward Shuffle, Side Toe Strut, Kick, Kick

1-2 Touch R toe forward, Touch R toe back
3&4 Step forward on R, Step L next to R, Step forward on R
5-6 Touch L toe to left side, Drop L heel
7-8 Kick R across L, Kick R forward diagonal right

Sec 2: Sailor Step, Together, 1/4Turn R & Forward, Forward, 3/4Turn R, Side, Hold, Together, Side

1&2& Step R behind L, Step L to left Side, Step R to right side, Close L beside R
3-4 1/4turn R stepping R forward (3:00), Step forward on L
5-6 3 1/4Turn R weight onto R (12:00), Step L to left side
7&8 Hold, Close R beside L, Step L to left side

***Restart - here at the 5th wall**

Sec 3: Touch (Toe- Heel), Coaster Step, Forward Rock, 1/4Turn L & Chasse

1-2 Touch R toe beside L while R knee across L, Touch R heel forward diagonal right
3&4 Step back on R, Close L beside R, Step forward on R
5-6 Rock L forward, Recover on R
7&8 1/4turn L stepping L to left side (9:00), Close R beside L, Step L to left side

Sec 4: Cross, Back, Chasse, Touch (Behind-Side), Behind, Point

1-2 Cross R over L, Step back on L
3&4 Step R to right side, Close L beside R, Step R to right side
5-6 Touch L toe behind R while dropping right shoulder down & popping left shoulder up, Point L toe to left side looking straight left shoulder
7-8 Step L behind R while dropping right shoulder down & popping left shoulder up, Point R to right side

***Restart: During wall 4, restart the dance after count 16, facing 3:00**

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