

# Better Now

COPPER KNOB  
BY SHEETS

拍数: 32      墙数: 2      级数: Improver  
编舞者: Kelly Kaylin (CAN) - March 2022  
音乐: Better Now - Serena Ryder  
或: Friday (feat. Mufasa & Hypeman) (Dopamine Re-Edit) - Riton & Nightcrawlers



No tags or restarts

Dance Starts after 8 counts

For an alternative "pumped up" song try Friday (feat. Mufasa & Hypeman) (Dopamine Re-Edit) - Riton & Nightcrawlers

ENJOY!

## ROCK RECOVER, BEHIND SIDE CROSS x2

1-2            Rock right to right side, recover weight on left  
3&4           Step right behind left, step left to left side, cross right over left  
5-6           Rock left to left side, recover weight on right  
7&8           Step left behind right, step right to right side, cross left over right

## ROCK RECOVER, ½ TURN RIGHT SHUFFLE, ROCK RECOVER, COASTER STEP

1-2            Rock forward on right, recover on left  
3&4           Step side right turning ½ turn right, step left beside right, step side right  
5-6           Rock forward on left, recover on right  
7&8           Step back left, step right beside left, step forward left

## WEAVE, FULL TURN, CHASSEE RIGHT

1-2            Step right over left, step side left  
3-4            Step right behind left, step left to left side  
5-6            Step right over left, making a full turn left  
7&8            Step right to right side, step left next to right, step right to right side

## ROCK RECOVER, KICK BALL CROSS, CHASSEE LEFT, ROCK RECOVER

1-2            Rock back on left, recover on right  
3&4            Kick left forward, cross right over left  
5&6            Step side left, step right next to left, step side left to left side  
7-8            Rock back on right, recover on left

REPEAT

Last Update - 29 Mar 2022

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