

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