

For Better Days

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Easy Improver
编舞者: W.L.D. (KOR) - February 2023
音乐: Better Days - NEIKED, Mae Muller & Polo G



Restart during wall 4

Section 1 - Hip roll with bump * 2, side, behind, side, cross, side

1 2 step R to right while rolling hips from L to R, hip bump to L
3 4 step L down rolling hips from R to L, hip bump to R
5&6&7&8 step R to right, behind, side, cross, side

Section 2 - Touch fwd, point side, coaster step, kickball change, pivot 1/4 L

1 2 touch L fwd, point L to side
3&4 step L back, step R next to L, step L fwd
5&6 kick R fwd, ball R next to L, step L slightly fwd
7 8 step R fwd, turn 1/4 L (9:00)

Section 3 - Dorothy step R L, fwd rock, back, touch fwd

1 2& step R fwd to R diag., lock L behind R, step R fwd
3 4& step L fwd to L diag., lock R behind L, step L fwd
5&6&7&8 rock R fwd, recover on L, step R back, touch L fwd, hold

Section 4 - Sway fwd/back/fwd/back, cross samba, step fwd, pivot 1/2 L

1234 sway fwd, sway back, sway fwd, sway back
5&6 cross L over R, step R to side, step L to side
7 8 Step R fwd, turn 1/2 L (3:00)

*** Restart

During wall 4

Dance up to 16 count

Wall 5 starts facing 6:00

Last Update: 7 Feb 2023