

# For Better Days

**COPPER** **KNOB**  
STEPSHEETS

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**

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