

Better Every Way

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Beginner
编舞者: Heather Jayne Endall (AUS) - April 2023
音乐: Better Than Ever (feat. Aloe Blacc) - Flight Facilities : (Amazon Music, Spotify, iTunes etc.)



Intro: Immediately! On first lyrics "Legs are shaking"... seriously quick, approximately 1 second.

Section 1: Heel, Heel, Syncopated Rocking Chair, L Mambo, R Hip Bumps

1&2& L heel tap fwd, together (1&), R heel tap fwd, together (2&)
3&4& L fwd, recover on R (3&), L back, recover on R (4&)
5&6 Rock L to side, recover on R (&), Step L beside R
7&8 Keeping weight on L, bump hips R,L,R

Section 2: Shuffle back on diagonal R,L, Heels twist, Rumba Fwd

1 & 2 Step back on diagonal [11:30] on R, step L next to R (&), step R back
3 & 4 Step back on diagonal [1:30] on L, step R next to L (&), step L foot back
8&5&6 Straighten to [12:00] R foot next to L (&), heels twist R(5), toes to the R (&), heels to centre (6)
7&8& R to side (7) L beside R (& R fwd (8) L beside R (&

*** Restart here facing [12:00] during Wall 5**

Section 3: Heels Twist, Rumba Back, Touch, Fwd, Syncopated Rocking Chair

1 & 2 Heels twist to L, toes to L (&), heels to centre (2)
3&4& L to side (3) R beside L (& L step back (4) R touch next to L (&
5,6,7&8& Walk fwd R (5), Walk fwd L (6), rock fwd on R (7), recover(&), rock back on R (8), recover (&)

Section 4: Walk Fwd R,L, ¼ Paddle Turns x2, Cross, Back, Large Step R, Back, Rock, Recover

1,2,3,4 Walk fwd R (1), Walk fwd L (2), touch fwd on R, paddle ¼ over L(3), touch fwd on R, Paddle ¼ over L (4) (Now facing 6:00)
5,6,7,8& Cross R over L(5), Step back L (6), R Large step to R side(7), Rock L behind (8) recover (&)

Begin the dance again at your new wall [6:00]

Thanks so very much for taking the time to have a look at my dance. Any comments, questions or feedback.... Please feel free to get in touch with me.

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