

# I Know Better Now

**COPPER** KNOB  
BY STEPHEN

拍数: 48                      墙数: 2                      级数: Intermediate  
编舞者: Myra Harrold (SCO) - June 2024  
音乐: I Know Better Now - Kelleigh Bannen



## INTRO:16 COUNTS

### SECT:1 2 PRISSY WALKS,1/2 CHASE TURN L,BALL FULL TURN,RUN ROUND A 3/4 ARC

1,2,3&4.            RF FWD OVER LF,LF FWD OVER RF,RF FWD,PIVOT 1/2 L ONTO LF,RF FWD (6)  
&5                    PIVOT 1/2 R,LF BACK,PIVOT 1/2 R RF FWD,(EASIER OPTION – BALL STEP FWD ). (6)  
6&7,8&1.            RUN AROUND IN A 3/4 ARC TURNING RIGHT,STEPPING L,R,L THEN R,L,R (3)

### SECT:2. WEAVE R,SWEEP,WEAVE L,TURN 1/2 L SLOWLY

2&3,4&5.            LF OVER RF,RF TO R,LF BEHIND RF,SWEEP RF,RF BEHIND LF,LF TO L,RF OVER LF.  
(3)  
&6&7,8                LF TO L, RF BEHIND LF,LF TO L,RF OVER LF,PIVOT SLOWLY 1/2 L (9)  
(OPTION - ON WALLS 2 & 4 DIP DOWN ON COUNT 8,RISE AS YOU UNWIND)

### SECT:3. UNWIND 1/2 R,SWEEP,ROCK BACK,BASIC N/C R,BASIC N/C L,BEHIND,1/4, PADDLE FULL TURN L

1,2&3,4&5            UNWIND 1/2 R SWEEPING RF ROUND TO ROCK BEHIND LF,RECOVER TO LF,RF BIG  
STEP TO R,ROCK LF BEHIND RF,RECOVER TO RF,LF BIG STEP TO L (3)  
6&7,8,1.              RF BEHIND LF,PIVOT 1/4 L,LF FWD,PADDLE 1/4 L,PADDLE 1/4 L,PADDLE 1/2 L,RF TO R (12)

### SECT:4. ROCK BACK,SWAY,SWAY,SWAY,1 1/4 TURN R,L MAMBO,BACK SWEEP

2&3,4,5.              ROCK LF BEHIND RF,RECOVER TO RF,SWAY L,SWAY R,SWAY L (12)  
6&7,8&1.              1/4 R,RF FWD,PIVOT 1/2 R,LF FWD,PIVOT 1/2 R,RF FWD,ROCK LF FWD,RECOVER TO  
RF,LF BACK,SWEEP RF BACK (EASIER OPTION – REPLACE 1&1/4 TURN WITH 1/4 RUN  
FWD ) (3)

### SECT:5. RF BACK,SWEEP,COASTER STEP,BALL ROCK,BACK,SWEEP,BACK,SWEEP. BEHIND,SIDE,1/4

2,3&4&5              RF BACK,SWEEP LF,LF BACK,CLOSE RF TO LF,LF FWD,BALL RF TO LF,ROCK LF FWD  
(3)  
6,7,8&1                RF BACK,SWEEP LF,LF BACK,SWEEP RF,RF BEHIND LF,PIVOT 1/4 L,LF FWD,RF FWD.  
(12)

### SECT:6. PIVOT 1/2 L,CROSS ROCK,SIDE ROCK,BACK,SWEEP,BEHIND,SIDE, CROSS ROCK,SIDE STEP

2,3&4&                PIVOT 1/2 L ONTO LF,ROCK RF OVER LF,RECOVER TO LF,ROCK RF TO R,RECOVER  
TO LF. (6)

### RESTART HERE ON WALL 4

5,6&7&8.              RF BACK,SWEEP LF,LF BEHIND RF,RF TO R,ROCK LF OVER RF,RECOVER TO RF,LF  
TO L. (6)

1 RESTART ON WALL 4 AFTER COUNTS 4& OF SECTION 6 FACING 12 O.CLOCK  
TO FINISH AT THE FRONT WALL - ON THE LAST PADDLE TURNS,JUST TURN THE TWO 1/4 TURNS  
AND STEP RF TO R DRAGGING LF TO RF