

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