

# Better Lovely Day

**COPPER** **KNOB**  
BY STEPHEN

拍数: 32      墙数: 4      级数: Absolute Beginner  
编舞者: Sue Korek (USA) - 26 August 2024  
音乐: Better - Khalid  
或: Lovely Day - Bill Withers



## Alternate Music:

Lovely Day (Bill Withers--1977), Intro: 20 secs

No tags or restarts

Introduction: 20 secs on lyrics

Begin with weight on left foot (L).

## SECTION 1 (STEP SCUFFS, ROCKING CHAIR)

1-2            Step R forward, scuff L  
3-4            Step L forward, scuff R  
5-6            Rock R forward, recover on L  
7-8            Rock R backward, recover on L

## SECTION 2 (TWO V-STEPS)

1-2            Step R diagonally right, step L diagonally left  
3-4            Step R right back, step L back  
5-8            Step R diagonally right, step L diagonally left  
7-8            Step R right back, step L back

## SECTION 3 (K-STEP WITH CLAPS)

1-2            Step R diagonally forward, touch L beside R  
3-4            Step L diagonally backward, touch R beside L  
5-6            Step R diagonally backward, touch L beside R  
7-8            Step L diagonally forward, touch R beside L

## SECTION 4 (VINE RIGHT, VINE LEFT ¼ TURN)

1-2            Step R to right side, step L behind R,  
3-4            Step R to right side, touch L beside R  
5-6            Step L to left side, step R behind L  
7-8            Turn ¼ step L, touch R beside L

Enjoy this 98 bpm introductory dance to practice AB steps.

Please consider creating a TEACH or DEMO video.

Contact: [suekorek@gmail.com](mailto:suekorek@gmail.com)

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