

# Better by Myself

**COPPER** **KNOB**  
BY STEPHENETS

拍数: 32      墙数: 2      级数: Easy Improver  
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音乐: Better By Myself - Jamie Miller



## \*\*\*3 Restarts (2nd, 4th & 6th Walls)

Intro : 4 Counts

Sequences : 32-16R-32-8R- 32-16R-32- 32-32-32-32

### S 1 R SIDE, L POINT FWD, L SIDE, POINT BACK, CHASSE ¼ TURN R, STEP 1/2 TURN R

1 – 2      RF to the R, L Point Fwd  
3 – 4      LF to the L, R Point Behind LF (Option : Arms to the L with Snap)  
5 & 6      RF to the R, Together, ¼ Turn R – RF Fwd (3:00)  
7 – 8      LF Fwd, ½ Turn R (weight on RF) (9:00) HERE 2nd RESTART (Facing 3:00)

### S 2 WALK L - R, KICK BALL STEP, TRIPLE STEP, HEEL SWITCHES

1 – 2      LF Fwd, RF Fwd  
3 & 4      Kick LF, Ball L next to RF, RF Fwd  
5 & 6      LF Fwd, Together, LF Fwd  
7 & 8      R Heel Fwd, Together, L Heel Fwd  
&      Together HERE 1st RESTART (Facing 12:00) & 3rd RESTART (Facing 3:00)

### S 3 ¼ TURN R CROSS, L POINT TO L – FWD – TO L, CROSS, ¼ TURN L BACK, SHUFFLE ½ TURN L

1 – 2      ¼ Turn R – Cross RF over LF, L Point to the L (12:00)  
3 – 4      L Point Fwd, L Point to the L  
5 – 6      Cross LF over RF, ¼ Turn L – RF Back (9:00)  
7 & 8      ¼ Turn L – LF to the L, Together, ¼ Turn L – LF Fwd (3:00)

### S 4 JAZZ BOX, HIP ROLL R – L \*

1-2-3-4      Cross RF over LF, LF Back, RF to the R, Cross LF over RF  
5 – 6      Roll the L pelvis to the R \*  
7 – 8      Roll the R pelvis to the L \*

#### \*Option « 5 to 8 »

5 & 6      Hip Bump to the R  
7 & 8      Hip Bump to the L

Dance & Have fun !!!!

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