

# I've Been Better

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Dave Doyle (UK) & Di Doyle (UK)  
音乐: I've Been Better - Brad Paisley



---

## ROCK LEFT, ROCK RIGHT, LEFT SAILOR SHUFFLE

1-2      Rock left to left side, recover onto right  
3&4      Step left behind right, step right to right side, step forward left

## STOMP ¼ TURN RIGHT, HOLD, FORWARD STEPS

5-6      Stomp right ¼ right, hold for 1 beat  
&7&8      Step left up behind right, step forward right, step left behind right, step forward right

## ROCK FORWARD, ROCK BACK, ½ TURN SHUFFLE

9-10      Rock forward on left, rock back onto right  
11&12      Make ½ turn left stepping back left, right, left

## ROCK FORWARD, ROCK BACK, ½ TURN REVERSE BACK

13-14      Rock forward on right, rock back onto left  
15-16      Step back on right making ¼ turn right, step forward on left making ¼ turn right

## STEP FORWARD, ¼ TURN KICK, STEP BACK, HOOK

17-18      Stomp forward right bending right knee, kick left forward making ¼ turn left & click fingers at shoulder height  
19-20      Step left foot back, hook right foot in front of left leg & clap

## RIGHT SHUFFLE, HEEL BALL TOUCH

21&22      Shuffle forward right, left, right  
23&24      Touch left heel forward, step left beside right, touch right beside left

## JAZZ BOX ¼ TURN, TOUCH

25-26      Cross right over left, step back left  
27-28      Step right ¼ turn right, touch left toe back & click fingers at shoulder height

## ½ TURN & TOUCH, RIGHT SHUFFLE

29-30      Step forward left making ½ turn left, touch right toe back & click fingers at shoulder height  
31&32      Shuffle forward right, left, right

## REPEAT

---