

I've Been Better

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Beth Brydon
音乐: I've Been Better - Brad Paisley



& OUT, OUT, TOUCH, & BACK, FORWARD, ROCK FORWARD, BACK, SHUFFLE BACK

&1-2&3& Step right to side, step left to side, touch right next to left, & step back right, left heel forward
&4& Step left next right, step forward right
5-6-7&8 Rock forward left, rock back right, shuffle back left, right, left

ROCK BACK, FORWARD, ½ TURN SHUFFLE, ROCK BACK, FORWARD, SHUFFLE FORWARD

1-2-3&4 Rock back right, rock forward left, ½ turn left shuffle back right, left, right
5-6-7&8 Rock back left, rock forward right, shuffle forward left, right, left

1-16 Repeat above 16 counts

STEP, POINT, STEP, POINT, RIGHT SAILOR, LEFT SAILOR

1-2-3-4 Step right forward, point left to side, step left forward, point right to side
5&6-7&8 Right sailor step, left sailor step

SHUFFLE RIGHT, LEFT, RIGHT, SHUFFLE LEFT, RIGHT, LEFT, ROCK FORWARD, BACK, & CROSS, ROCK FORWARD, BACK

1&2-3&4 Turn right diagonally shuffle on the spot right, left, right, turning left day shuffle on the spot left, right
5-6 Rock forward right, rock back left, (still diagonally left)
& Step right next left
7-8 Rock forward left, rock back right (facing diagonally right)

& STEP TOGETHER, FORWARD, ½ PIVOT, ½ PIVOT, ¼ PIVOT, CROSS SHUFFLE

& Step left next right
1-2-3-4 Step forward right, ½ pivot turn left, step forward right, ½ pivot left
5-6-7&8 Step right forward, ¼ pivot turn left, cross shuffle right, left, right

SIDE SHUFFLE, ROCK BACK, FORWARD, SCOOT FORWARD, ROCK, COASTER STEP

1&2-3-4 Side shuffle to left (left, right, left), rock back right, forward left
& Step right next to left
5-6-7&8 Rock forward left, rock back right, coaster step left, right, left

REPEAT

TAG

End of 1st wall, end of 3rd wall

1-2-3-4 Step right to side, drag left to right, step left to side, drag right to left

RESTART

On wall 6 (instrumental) dance only to the final side shuffle left, then start again.