

Better Life Beat

COPPER KNOB
BY STEPHEN T. S.

拍数: 32 墙数: 2 级数: Improver
编舞者: Holly Ruschman (USA)
音乐: Better Life - Keith Urban



HEEL BRUSH, LIFT, DOWN, HEEL BRUSH, LIFT, DOWN, TRAVELING LEFT VINE WEAVE

1&2 Brush right heel forward, lift right foot up, step right beside left
3&4 Brush left heel forward, lift left foot up, step left besides right
5-6 Cross right foot over left, left step left
7&8 Step right behind left, left step left, right next to left

HEEL BRUSH, LIFT, DOWN, HEEL BRUSH, LIFT, DOWN, TRAVELING RIGHT VINE WEAVE

1&2 Brush left heel forward, lift left foot up, step left besides right
3&4 Brush right heel forward, lift right foot up, step right besides left
5-6 Cross left foot over right, right step right
7&8 Step left behind right, right step right, left next to right

PADDLE TURNS

1-2-3-4 Push right toe to right 4 x while traveling $\frac{1}{2}$ turn to the left

HIP BUMPS AND PIVOTS

5-6 Step forward on ball of right foot, hip bump right, right
7-8 Pivot $\frac{1}{2}$ turn left on ball of both feet, clap, pivot $\frac{1}{2}$ turn right on ball of both feet, clap

SAILOR STEP, RIGHT, SAILOR STEP, LEFT, ROCKING CHAIR

1&2 Swing right leg and step behind left, step left on left, right on right
3&4 Step left behind right, step right on right, left on left
5&6&7&8& Rock forward on right, recover weight on left, rock back on right, recover weight on left, rock forward on right, recover weight on left, rock back on right, recover weight on left

REPEAT
