

A Better Life

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Bill Larson (AUS)
音乐: Better Life - Keith Urban



CROSS SHUFFLE FORWARD: RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, FORWARD ROCK 1&½ ROLLING TURN BACK

1&2-3&4 Shuffle forward toward 11:00 stepping right-left-right, shuffle forward towards 1:00 stepping left-right-left
5-6-7&8 Step right forward, recover weight onto left with ½ turn right, completing a full turn right step forward right left right

TURN WEAVE TURN ROCK BACK FULL TURN, ½ TURN SHUFFLE

1&2& Turning a ¼ right step left to side, step right behind left, step left to side, cross right over left
3-4 Step left to side with ¼ left, recover weight onto right
5-6-7&8 Turning a ½ left step left forward, turning a ½ left step right back, turning a ½ left shuffle forward left-right-left

CROSS SAMBA, CROSS SAMBA, TOUCH BEHIND ½ UNWIND SAILOR

1&2 Cross right over left, step left to side, recover weight onto right
3&4 Cross left over right, step right to side, recover weight onto left
5-6 Cross right over left, unwind ¾ left (weight on right)
7&8 Step left behind right, step right to side, recover weight onto left

SHUFFLE RIGHT SIDE, CROSS ROCK, SHUFFLE LEFT SIDE CROSS ROCK

1&2-3-4 Shuffling right to side: stepping right left right, cross left over right, recover weight onto right
5&6-7-8 Shuffling left to side: stepping left right left, cross right over left, recover weight onto left

BALL-STEP BEHIND OUT OUT BALL CROSS, STEP BEHIND OUT OUT BALL CROSS

& Step right beside left
1-2&3 Step left to side, step right behind left, step left to side, step right to side (feet shoulder width apart)
&4 Step left beside right, cross right over left
5-6&7 Step left to side, step right behind left, step left to side, step right to side (feet shoulder width apart)
&8 Step left beside right, cross right over left

SIDE ROCK-TURN SHUFFLE, STEP PIVOT STEP TURN-STEP

1-2-3&4 Step left to side, recover weight onto right, turning a ¾ left shuffle forward on left: left-right-left
5-6-7-8 Step right forward, pivot ½ turn left, step forward on right, turning a ¾ left step left forward

REPEAT
