

# A Better Man

**COPPER** KNOB  
BY STEPHEN

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Chris Jones (UK)  
音乐: Loving You Makes Me a Better Man - Hal Ketchum



## BACK ROCK, DIAGONAL RIGHT LOCKS FORWARD, ROCK FORWARD, DIAGONAL LEFT LOCKS FORWARD

1-2            Cross rock right behind left rock back onto left  
3&4           Right diagonally forward to right, lock left behind right, right diagonally forward  
5-6           Rock diagonally forward onto left, recover onto right  
7&8           Left diagonally forward to left, lock right behind left, left diagonally forward

## ROCK FORWARD, RECOVER, ½ TURN RIGHT SHUFFLE, ½ TURN LEFT SHUFFLE, RIGHT COASTER STEP

9-10           Rock forward on right, rock back onto left  
11&12        Turn ½ to right stepping right forward, left up to right, right forward  
13&14        Turn ½ to right stepping left back, right up to left, left back  
15&16        Right back, step left next to right, step right forward

## WALK LEFT RIGHT, KICK & TOUCH, SAILOR STEP, ¼ TURNING SAILOR STEP

17-18        Walk forward left then right  
19&20        Kick left forward, replace left, touch right to the right side  
21&22        Cross right behind left, step left to left side, step right to right side  
23&24        Turn ¼ left stepping left behind right, step right to right side, step left to left side

## RIGHT SHUFFLE FORWARD, ½ TURNING SHUFFLE, ROCK BACK RECOVER STEP FORWARD TOUCH

25&26        Right forward, step left up to right, right forward  
27&28        Turn ½ to right stepping left back, right up to left, step left back  
29-30        Rock back onto right, forward left  
31-32        Step forward right, touch left next to right

## KICK LEFT FORWARD & TOUCH TOE BACK, TURN ¼ RIGHT, TOUCH TOE BACK & TOE FORWARD, RIGHT SHUFFLE FORWARD, LEFT KICK OUT OUT

33&34&       Kick left forward, replace left, touch right toe back, turn ¼ right stepping on right  
35&36        Touch left toe back, replace left, touch right toe to left toe  
37&38        Right forward, step left up to right, right forward  
39&40        Kick left forward, step left to left side, step right to right side

## BUMP RIGHT LEFT RIGHT, LEFT RIGHT LEFT, STEP SIDE TOGETHER SIDE TOGETHER SIDE

41&42        Bump hips right left right  
43&44        Bump hips left right left,  
45-46        Step right to right side, step left next to right  
47&48        Step right to right step left next to right step right to right side

## ¼ TURNING LEFT SHUFFLE, ROCK FORWARD RECOVER, ¾ TURNING SHUFFLE LEFT SHUFFLE FORWARD

49&50        Turn ¼ left stepping left forward, step right to left, step left forward  
51-52        Rock forward right, rock back onto left  
53&54        Turn ¾ to right stepping forward right, step left to right, step forward right  
55&56        Left forward, step right up to left, left forward

## ROCK FORWARD RECOVER, ½ RIGHT SHUFFLE STEP TO LEFT SIDE & 2 X, SYNCOPATED SAILORS

57-58 Rock forward right rock back onto left  
59&60 Turn ½ to right stepping forward right, step left up to right, right forward  
61&62& Step left to side, step right behind left, step left to left, step right to right side  
63&64 Step left behind right, step right to right side, step left to left side (angling body to right)

**REPEAT**

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