

Better Off Alone

COPPERKNOB
BY STEPHEN METZ

拍数: 54 墙数: 4 级数: Intermediate waltz
编舞者: Dee Musk (UK)
音乐: Better Off Alone - Katharine McPhee



48 count intro. Start on heavy beat when Katharine sings "tonight" (approx. 24 seconds)

STEP, STEP ¼ RIGHT, TWINKLE ½ TURN LEFT

1-2-3 Step right forward, step left forward, turn ¼ right (weight to right)
4-5-6 Cross left over right, turn ¼ left and step right back, turn ¼ left and step left to side (9:00)

RIGHT TWINKLE, TWINKLE ½ TURN LEFT

1-2-3 Cross right over left, step left to side, step right to side
4-5-6 Cross left over right, turn ¼ left and step right back, turn ¼ left and step left to side (3:00)

CROSS SIDE BEHIND, SIDE DRAG

1-2-3 Cross right over left, step left to side, cross right behind left
4-5-6 Step left to left (big step), slide/touch right beside left over 2 counts (3:00)

FULL ROLLING TURN RIGHT, CROSS ¼ TURN LEFT

1-2-3 Turn ¼ right and step right forward, turn ½ right and step left back, turn ¼ right and step right to side
4-5-6 Cross left over right, turn ¼ left and step right back, step left to side (12:00)

FULL TURN RIGHT TRAVELING FORWARD, CROSS BACK SIDE TRAVELING BACK

1-2-3 Step right forward, turn ½ right and step left back, turn ½ right and step right forward
4-5-6 Cross left over right, step right back, step left to side (12:00)

Restart from here on wall 3, facing 6:00 wall

CROSS BACK SIDE TRAVELING BACK, STEP, STEP ¼ LEFT

1-2-3 Cross right over left, step left back, step right to side
4-5-6 Step left forward, step right forward, turn ¼ left (weight to left, 9:00)

TWINKLE ½ TURN RIGHT, TWINKLE ½ TURN LEFT

1-2-3 Cross right over left, turn ¼ right and step left back, turn ¼ right and step right to side
4-5-6 Cross left over right, turn ¼ left and step right back, turn ¼ left and step left to side (9:00)

RIGHT CROSS ROCK SIDE, LEFT CROSS ROCK SIDE

1-2-3 Rock right over left, recover to left, step right to side
4-5-6 Rock left over right, recover to right, step left to side (9:00)

RIGHT FORWARD ROCK RECOVER STEP BACK, TRAVELING BACK ½ TURN LEFT ½ TURN LEFT WITH SWEEP

1-2-3 Rock right forward, recover to left, step right back
4-5-6 Turn ½ left and step left forward, turn ½ left and rondé right from back to side and touch right beside left (9:00)

REPEAT

RESTART

During wall 3, dance up to and including count 30. Begin again facing 6:00

