

# B-B-C (Better Be Careful)

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: High Intermediate  
编舞者: Malene Jakobsen (DK) - May 2008  
音乐: Dangerous (feat. Timbaland & Sebastian) - M. Pokora : (The Single)



**Intro: 32 counts from beginning, at heavy beat - app. 16 seconds into track- (120 BPM)**

**(1-9) Right wizard, left wizard, step turn, ½, back shuffle with jump and hitch**

1            Step forward on R on a R diagonal  
2&         Lock L behind R, step forward on R  
3            Step forward on L on a L diagonal  
4&         Lock R behind L, step forward on L  
5-6        Step forward on R, turn ½ L  
7            Turn ½ L stepping back on R  
8&1        Step back on L, close R beside L, jump back on L hitching R and leaning a little back

**(10-17) Step, rock ¼, cross, side rock cross, ¼, ¼**

2            Step down on R  
3-4        Rock forward on L, recover onto R making ¼ turn R (3.00)  
5            Cross L over  
6-7        Rock R to R side, recover onto L  
8&1        Cross R over L, make ¼ turn R stepping back on L, make ¼ turn R stepping forward on R (9.00)

**Note: For styling – make steps 5, 6, 7 look more funky by “funking” the crosses and rolling shoulders**

**(18-25) Step, hitch, kick ½, step, forward rock, shuffle ½**

2            Step forward on L  
3            Hitch R  
4            On ball of L make ½ turn R kicking R forward (3.00)  
5            Step forward on R  
6-7        Rock forward on L, recover onto R  
8&1        Make ¼ turn L stepping L to L side, close R beside L, make ¼ turn L stepping forward on L (9.00)

**(26-33) Pelvic contraction, ball step, ½, side rock ¼ cross, side rock**

&2         Bend knees, bottom out (weight on L)  
&3         Straighten out, push chest forward (keeping weight on L)  
&4-5      Step down on R, step forward on L, turn ½ R (3.00)  
6            Turn ¼ R stepping L to L side (6.00)  
&7         Step R beside L, cross L over R  
8-1        Rock R to R side, recover onto L

**(34-41) Step, sailor, sailor ½, step turn, lock step**

2&3        Cross R behind L, step L to L side, step R to R side  
4&5        Cross L behind R making ¼ turn L, make ¼ turn L stepping R beside L, step L a little forward (12.00)  
6-7        Step forward on R, turn ½ L  
8&1        Step forward on R, lock L behind R, step forward on R (6.00)

**(42-49) Hitch, kick ¼, step, rock step, 1½ turn**

2            Hitch L  
3            On ball of R make ¼ turn L kicking L forward (3.00)

- 4 Step forward on L
- 5-6 Rock forward on R, recover onto L
- 7 Turn  $\frac{1}{2}$  R stepping forward on R (9.00)
- 8&1 Turn  $\frac{1}{2}$  R stepping back on L, turn  $\frac{1}{2}$  R stepping forward on R, step forward on L

**(50-57) Hold, ball, rock step, ball, back rock, step turn,  $\frac{1}{4}$**

- 2 HOLD
- &3-4 Step R beside L, rock forward on L, recover onto R
- &5-6 Step L beside R, rock back on R, recover onto L
- 7-8-1 Step forward on R, turn  $\frac{1}{2}$  L, turn  $\frac{1}{4}$  L stepping R to R side (12.00)

**(58-64) Drag, ball step, step,  $\frac{1}{2}$ , step,  $\frac{1}{4}$  hipbumps**

- 2 Drag L towards R
  - & Step L beside R
  - 3 Step forward on R
  - 4-5-6 Step forward on L, turn  $\frac{1}{2}$  R, step forward on L (6.00)
  - 7&8& Make  $\frac{1}{4}$  turn L stepping R to R side & bump hips R, L, R, L
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