

Better Than I Know Myself

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: Intermediate / Advanced
编舞者: Baila Baila Zumbido - February 2012
音乐: Better Than I Know Myself - Adam Lambert



Start on the word "Ice" when Adam sings "Cold As Ice". (11 seconds)

Sequence: 48&, 36&, 48&, 36&, 32&, 32&, 48&

SIDE, BEHIND ROCK, REPLACE, SIDE, BEHIND ROCK, REPLACE, ¼ RIGHT, STEP, ½ RIGHT PIVOT, SIDE, ¾ LEFT CROSS

12&3 Big step right to right, rock left behind right, replace onto right, big step left to left
4&5 Rock right behind left, replace onto left, ¼ right step right forward
6&7 Step left forward, turn ½ pivot right, step left forward
8&1 ½ left step right back, ¼ left step left to left, cross right over left

REPLACE, BALL-FRONT, ½ RIGHT PIVOT, FORWARD, ½ LEFT, ¼ LEFT SIDE SHUFFLE, POINT, ½ RIGHT SWEEP, POINT

2&3 Replace onto left, step right beside left, step left forward
4&5 Turn ½ pivot right, step left forward, ½ left step right back
6&7 Turn ¼ left step left to left, step right beside left, step left to left
8&1 Point right toes beside left, sweep right toes out to turn ½ right to step right behind left, point left toes to left

BEHIND ROCK, REPLACE, SIDE, BEHIND SIDE CROSS, REPLACE, ¼ RIGHT, ½ RIGHT, ½ RIGHT SHUFFLE

2&3&4& Rock left behind right, replace right, step left to left, cross right behind left, step left to left, cross right over left
5-6-7 Replace onto left, ¼ right step right forward, ½ right step left back
8&1 ½ right step right forward, step left beside right, step right forward

½ RIGHT, BACK X 3, COASTER STEP, ¼ LEFT, ¼ RIGHT, ¼ RIGHT, BEHIND, ¼ LEFT, ¼ LEFT SIDE

2&3 ½ right step left back, step right back, step left back
4&5 Step right back, step left beside right, step right forward
6&7 Turn ¼ left pivot (weight left), turn ¼ right pivot (weight right), turn ¼ right big step left to left
8&1 Cross right behind left, ¼ left step left forward, ¼ step right to right

FULL LEFT CIRCLE, SWEEP ¾ RIGHT, CROSS, SIDE SHUFFLE

2&3 Step left fwd, step right beside left, step left forward (These steps will cover a small ½ left circle)
4&5 Step right forward, step left beside right, step right forward (These steps will cover a small ½ left circle)
6-7 Sweep left toes out to turn ¾ right, cross left over right
8&1 Step right to right, step left beside right, step right to right

BACK X 2, ¼ LEFT, FWD X 2, ¼ LEFT, BACK X 2, ¼ LEFT, FULL LEFT

2&3 Step left back, step right back, ¼ left step left to left
4&5 Step right forward, step left forward, ¼ left step right to right
6&7 Step left back, step right back, ¼ left step left to left
8& ½ left step right back, ½ left step left forward

START OVER AGAIN! ENJOY IT!

