

Better Than Yourself

COPPER **KNOB**
BY STEPHENETS

拍数: 64 墙数: 2 级数: Advanced
编舞者: Malene Jakobsen (DK) - November 2011
音乐: Better Than Yourself (Criminal Mind, Pt. 2) - Lukas Graham : (Single - iTunes)



Restart: There is a restart on wall 5 after 8 counts, you'll be facing 12.00

Tag: There is a 4 count tag after wall 2, you'll be facing 12.00

Intro: 8 counts from the beginning, 5 sec. into track - dance begins with weight on L

[1-8] Lunge, 1/4, 1/2, 1/4, Cross, Side

1-2 (1-2) Lunge R to R 12.00
3 (3) Step down on L making 1/4 turn R 3.00
4-5-6 (4) Turn 1/2 R stepping fwd. on R, (5) step fwd. on L, (6) turn 1/4 R 12.00
7-8 (7) Cross L over R, (8) step R to R 12.00

NOTE: Wall 5: Your restart is here – but HOLD on count 8 instead of stepping R to R

[9-16] Behind, Sweep, Behind, 1/4, 1/2, Fwd. Rock

1-2 (1) Cross L behind R, (2) sweep R from front to back 12.00
3-4 (3) Cross R behind L, (4) turn 1/4 L stepping fwd. on L 9.00
5-6 (5) Step fwd. on R, (6) turn 1/2 L 3.00
7-8 (7) Rock fwd. on R, (8) recover onto L (prepping for turn) 3.00

[17-24] 1/2, Hitch 3/8, Run Fwd., Hitch, Low Kick, 1/8

1-2 (1) Turn 1/2 R stepping fwd. on R, (2) hitch L and on ball of R continue turning another 3/8 R 1.30
3-4-5 (3-4-5) Run fwd. L, R, L 1.30
6-7 (6) Hitch R, (7) kick R low to R side 1.30
8 (8) Turn 1/8 R stepping R diagonally R using L slightly to push you in that direction 3.00

[25-32] Fwd. Rock, Back Lock, 1 1/2 Turn

1-2 (1) Rock fwd. on L, (2) recover onto R 3.00
3-4-5 (3) Step back on L, (4) lock R across L, (5) step back on L 3.00
6-7-8 (6) Turn 1/2 R stepping fwd. on R, (7) turn 1/2 R stepping back on L, (8) turn 1/2 R stepping fwd. on R 9.00

[33-40] 1/4, Drag, Back Rock, Side, Drag, Back Rock

1-2-3-4 (1) Turn 1/4 R stepping L to L, (2) drag R towards L, (3) rock back on R, (4) recover onto L 12.00
5-6-7-8 (5) Step R to R, (6) drag L towards R, (7) rock back on L, (8) recover onto R 12.00

[41-49] 1/4, 1/4, Side, Cross, Point, Full Monterey Turn R, Rock, Push Side

1-2 (1) Turn 1/4 R stepping back on L, (2) on ball of L continue the turn another 1/4 R 6.00
3-4 (3) Step R to R, (4) cross L over R 6.00
5-6 (5) Point R to R, (6) prep for full turn R angling your body to L diagonal 6.00
7 (7) On ball of L make full turn R stepping R next to L 6.00
8-1 (8) Rock L to L, (1) use L to push to the R and step R to R 6.00

[50-56] Drag, Cross, 1/4, 1/2,

2-3 (2) Drag L towards R, (3) cross L over R 6.00
4-5 (4) Step R to R, (5) make 1/4 L stepping fwd. on L 3.00
6-7-8 (6) Turn 1/2 L stepping back on R, (7-8) turn 1/4 L stepping L to L and lean into L hip 6.00

[57-64] Step, Low Kick, Ronde 1/2, Pencil Turn

- 1-2 (1) Step fwd. on R, (2) low kick L fwd. 6.00
3-4 (3) Do a ronde with L leg anticlockwise while on ball of R making 1/2 turn L, (4) low kick L fwd. 12.00
5-6 (5) Step down on L, (6) turn 1/2 R – weight on R and prepping to make full turn R 6.00
7-8 (7) On ball of R make full turn R, (8) step L next to R 6.00

OPTION: (7) Step fwd. on L, (8) spiral full turn R – keeping weight on L

Pencil turn: Turning in place on ONE foot while the other foot stays pressed close in 1st position, but does not touch the floor.

TAG: Sways

- 1-2-3-4 (1-2) Sway R, (3-4) sway L

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