

# Better Days

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Lorna Mursell (UK) - December 2014  
音樂: In Better Days - Neil Diamond : (Album: Melody Road)



Start On Lyrics "How Do I"

HAPPY BIRTHDAY MUM! This Dance Was Written Especially For My Mum For Her Special Birthday.

## SEC 1) TOE STRUT, CROSS TOE STRUT, GRAPEVINE, TOUCH

1-2            Step right toe diagonally right, drop right heel down  
3-4            Step left toe diagonally right crossing left toe over right toe, drop left heel down  
5-6            Step right to right side, step left behind right  
7-8            Step right to right side, touch left beside right

## SEC 2) SIDE TOUCH, SIDE, TOGETHER, 1/4 TURN, BRUSH

1-2            Step left to left side, touch right beside left  
3-4            Step right to right side, touch left left beside right  
5-6            Step left to left side, step right beside left  
7-8            Step left 1/4 turn left, brush right beside left

## SEC 3) ROCKING CHAIR, STEP, 1/2 TURN, STEP, HOLD

1-2            Rock forward on right, recover on to left  
3-4            Rock back on right, recover on to left  
5-6            Step forward on right, pivot 1/2 turn left  
7-8            Step forward on right, hold

## SEC 4) ROCKING CHAIR, SCISSOR STEP, HOLD

1-2            Rock forward on left, recover on to right  
3-4            Rock back on left, recover on to right  
5-6            Step left to left side, step right beside left  
7-8            Cross left over right, hold

---