

Better Than Nothing

COPPER KNOB
BY STEPHEN HERRING

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Sherry Herring (USA) - December 2014
音樂: Better Than Nothing - Paul Carrack : (CD: Satisfy My Soul - Remastered - iTunes)



Count In: 32 counts from start of track. Begin on lyrics

[1 - 8] R & L steps back & touch, stomp, hold, left coaster, step right 1/4 turn L and cross

- 1 & 2 & Step right back (1), touch left toe next to right (&), step left back (2), touch right toe next to left (&) Note: body angles slightly to diagonals on back step touches 12:00
3 4 Gentle stomp right foot to right side (3), hold (4) (I like to snap my fingers on count 4) 12:00
5 & 6 Step left foot back (5), step right foot together (&), step left foot forward (6) 12:00
7 & 8 Step right forward (7), 1/4 pivot left (&), cross right over left (8), 9:00

[9 - 16] Toe struts L and R diagonals, forward together, back together, step L, pivot 1/2 turn R, step

- 1 2 Touch left toe to left diagonal (1), drop heel taking weight left (2) (bend both knees slightly for emphasis on beat 2), 9:00
3 4 Touch right toe to right diagonal (3), drop heel taking weight right (4) (bend both knees slightly for emphasis on beat 4), 9:00
5 & 6 & Step forward left (5), step together right (&), step back left (6), step together right (&) 9:00
7 & 8 Step left forward (7), pivot 1/2 turn right (&), step left forward (8) 3:00

[17 - 24] Full turn L, side triple R, back rock, side rock, sailor 1/4 turn L

- 1 2 1/2 turn left stepping back on right (1), 1/2 turn left stepping forward left (2), 3:00
3 & 4 Step right to side (3), step left together (&), step right to side (4) 3:00
5 & 6 & Rock left behind right (5), recover weight to right (&), rock left to side (6), recover to right (&) 3:00
7 & 8 Step left behind right (7), step right to side (&), step left forward making 1/4 left (8) 12:00

[25 - 32] Toe switches R & L, R heel forward with hip bumps, step down, L vine with drag and look to L

- 1 & 2 & Touch right toe to right side (1), step right beside left (&), touch left toe to left side (2), step left beside right (&) 12:00
3 & 4 Touch right heel forward (3), bump hip to right (leaving heel forward & bending left knee slightly) (&), bump hip left (4) (leaving heel forward & bending right knee slightly) 12:00
5 6 & 7 8 Step right down (5), step left to side (6), step right behind left (&), big step to left dragging right to left (7), touch right toe beside left foot while looking to the left (8) 12:00

[33 - 40] R & L step side & touch with hip rolls, forward coaster, back, 1/4 turn R

- 1 2 3 4 Step right to right side rolling hips left to right (counter clockwise) (1), touch left toe to left diagonal (2), step left to left side rolling hips right to left (clockwise) (3), touch right toe to right diagonal 12:00
5 & 6 7 8 Step right forward (5), step left beside right (&), step right back (6), step left back (7), 1/4 turn right stepping right to side (8) 3:00

[41 - 48] L & R back steps with touches out to side, L coaster, run, run, 1/4 R, cross L over R

- 1 2 3 4 Step left behind right (1), touch right toe to side (2), step right behind left (3), touch left toe to side (4) 3:00
5 & 6 & 7 & 8 Step left foot back (5), step right foot together (&), step left foot forward (6), step right forward (&), step left forward (7), 1/4 pivot right (&), cross left over right (8) 6:00

[49 - 56] Repeat of [33 - 40] begin 6:00 and finish 9:00

[57 - 64] L & R back steps with touches out to side, L coaster, big step, step left together

1 2 3 4 Step left behind right (1), touch right toe to side (2), step right behind left (3), touch left toe to side (4) 9:00
5 & 6 7 8 Step left foot back (5), step right foot back (&), step left foot forward (6), big step right forward while leaning slightly back (7), step left next to R (8) 9:00

Repeat pattern and enjoy this awesome music!

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