

# Better Off

COPPER KNOB  
BY SHEETS

拍數: 54      牆數: 2      級數: Intermediate waltz  
編舞者: Paul Reese (USA) & Linda Reese (USA) - November 2014  
音樂: Better Off Alone - Katharine McPhee



**Intro: 46 ct - She starts singing right away with piano music in background but wait for the main music to kick in stronger about 22 seconds into song**

**Section 1: Step L forward (stride), R forward, pivot ½ turn L, Weave L**

1-3            Step left forward, step right forward, pivot ½ right angled slightly to 5:30  
4-6            Cross right over left, step left to left side, step right behind left (6:00)

**Section 2: Big step L, drag R towards L pointing R toe ¼ R, step R down finishing ¼ turn, step L forward, pivot ¼ R**

1-3            Step left a big step to left side, (2) drag right in towards left (3) point right toe ¼ to right  
4-6            Step down on right (finishing the ¼ turn), step left slightly forward, pivot ¼ right (12:00)

**Section 3: Cross, Sweep for 2 counts, Repeat With R**

1-3            Cross left over right, sweep right around to front for 2 counts  
4-6            Cross right over left, sweep left around to front for 2 counts

**Section 4: ¼ Twinkle, twinkle**

1-3            Cross left over right, turn ¼ left stepping on right, step left together (9:00)  
4-6            Cross right over left, step left to left side, step right together (traveling forward)

**\*To make dance more of a challenge counts 4-6 can be changed to a full turn right**

4-6            Step right forward to right diagonal prepping for ½ turn right, step left back finishing ½ turn right, step right forward ½ turn right

**Section 5: Step, Hitch, Kick, Step Back, Drag**

1-3            Step left forward, hitch right, kick right slightly forward  
4-6            Step right back angled right, drag left next to right over 2 counts

**Restart on wall 3 replacing first 3 counts with ¼ turn left**

**Section 6: ½ Turn L, ½ turn L**

1-3            Step left forward straightening on 9:00 wall, step right back ¼ turn left, step left ¼ turn left  
4-6            Step right back ¼ turn left, step left forward ¼ turn left, step right slightly forward (9:00)

**Section 7: Reverse twinkle moving back, reverse twinkle moving back**

1-3            Step left back behind right, step right back to right side, step left to L side  
4-6            Step right back behind left, step left back to left side, step right to R side

**Section 8: Sweep 1/2 L, R 1/4 turn twinkle**

1-3            Step forward on left, make 1/2 turn left bringing right close to ankle sweeping toe across floor (weight stays on left) (3:00)  
4-6            Cross right over left, step left back 1/4 turn right, step right to right side (6:00)

**Section 9: Step Forward, Forward Rock, Recover, Step Back, Drag**

1-3            Step left forward, rock forward on right, recover on left  
4-6            Step right back, drag left next to right over 2 counts (6:00)

**Begin Again**

**Restart on wall 3. After Section 5 (you will be facing 9:00 wall) Restart dance with Section 1 replacing the ½ turn (1-3) with a ¼ turn left to 6:00 wall Step left forward, step right forward, pivot ¼ turn left angled slightly left - then continue with weave left (4-6)**

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