

Better Than Home

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 2 級數: Improver NC2S
編舞者: Malene Jakobsen (DK) - April 2015
音樂: Better Than Home - Beth Hart : (Album: Better Than Home - Deluxe Version - iTunes)



Intro: 16 counts from when the beat kicks in, app. 14 seconds into track, dance begins with weight on R

There is a 4 count Tag after wall 5, you will be facing 6.00

There is a Tag/Restart on wall 7 after 17 counts

[1-9] Box, mambo 1/4, cross shuffle with sweep

1-2&3 (1) Step fwd. on L, (2) step R to R, (&) step L next to R, (3) step back on R 12.00
4&5 (4) Step L to L, (&) step R next to L, (5) step fwd. on L 12.00
6&7 (6) Rock fwd. on R, (&) recover onto L, (6) turn 1/4 R stepping R to R 3.00
8&1 (8) Cross L over R, (&) step R slightly R, (1) cross L over R sweeping R from back to front 3.00

[10-17] Cross, 1/8, back with sweep, behind, 1/4, step with sweep, cross, 1/8, back, mambo

2&3 (2) Cross R over L, (&) turn 1/8 R stepping back on L, (3) step back on R sweeping L from front to back 4.30
4&5 (4) Cross L behind R, (&) turn 1/4 R stepping fwd. on R, (5) step fwd. on L sweeping R from back to front 7.30
6&7 (6) Cross R over L, (&) turn 1/8 stepping back on L, (7) step back on R 9.00
8&1 (8) Rock back on L, (&) recover onto R, (1) step fwd. on L 9.00

NOTE The Tag/Restart is here, you'll be facing 9.00.

On count 2: TURN 1/4 R and start the dance again facing 12.00

[18-24] Run fwd., point, run back, behind, side, cross rock, side, cross

2&3 (2&) Run fwd. R, L, (3) point R fwd. (make it a soft point) 9.00
4&5 (4&5) Run back R, L, R sweeping L from front to back 9.00
6&7 (6) Cross L behind R, (&) step R to R, (7) rock L across R 9.00
&8& (&) Recover onto R, (8) step L to L, (&) cross R over L 9.00

[25-32] L basic, side, behind, 1/4, chase turn, run fwd.

1-2& (1) Step L to L, (2) rock back on R, (&) recover onto L 9.00
3-4&5 (3) Step R to R, (4) cross L behind R, (&) turn 1/4 R stepping fwd. on R, (5) step fwd. on L 12.00
6&7 (6) Step fwd. on R, (&) turn 1/2 L, (7) step fwd. on R 6.00
8& (8&) Run fwd. L, R 6.00

TAG Fwd. rock, back, back rock, step fwd.

1-2& (1) Rock fwd. on L, (2) recover onto R, (&) step back on L 6.00
3-4& (3) Rock back on R, (4) recover onto L, (&) step fwd. on R 6.00

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