

# Better in the Morning

**COPPER** KNOB  
BY STEPHEN HETS

拍數: 32                      牆數: 4                      級數: Beginner  
編舞者: Desiree Wallace Swanepoel (SA) & Carroll Wallace - March 2016  
音樂: Better in the Morning - Blackbyrd : (Album: Home)



Music Link: [http://www.takealot.com/music/all?qsearch=blackbyrd&\\_sb=1&\\_dt=5&\\_r=1](http://www.takealot.com/music/all?qsearch=blackbyrd&_sb=1&_dt=5&_r=1)  
Music available from : <http://www.takealot.com/blackbyrd-home-cd/PLID32852380>

## #16 Count intro

### [1 – 8] Side Behind, Chasse, Cross Rock, Chasse ¼ turn left

1 - 2                      Step RF to Right. Step LF behind RF.  
3&4                      Step RF to right. Close LF next to right. Step RF to right.  
5 - 6                      Rock LF over RF. Recover on RF.  
7&8                      Step LF to left. Close RF next to left. Make a ¼ turn left stepping forward on LF. (Facing 9 o'clock)

### [9 – 16] Forward Rock, Coaster Step, Forward Rock, Shuffle ½ turn left

1 – 2                      Rock forward on RF. Recover weight onto LF.  
3&4                      Step back on RF. Step LF next to RF. Step forward on RF. (Or Triple full turn)  
5 - 6                      Rock forward on LF. Recover weight onto RF.  
7&8                      Turn ¼ left stepping LF to left side. Close RF next to LF. Turn ¼ left stepping LF forward. (Facing 3 o'clock)

### [17 – 24] Right Lock Step, Left Lock Step, Left Jazz Box

1&2                      Step forward on RF, lock LF behind RF, step forward on RF.  
3&4                      Step forward on LF, lock RF behind LF, step forward on LF..  
5 - 6                      Step RF forward. Cross Lt over Rt..  
7 - 8                      Step RF back. Step LF next to RF. (Facing 3 o'clock)

### [25 - 32] Forward Rock, Shuffle½ Turn, Shuffle½ Turn, Back Rock

1 - 2                      Rock forward on RF. Recover on LF.  
3&4                      Turn ¼ right stepping RF to right side. Close LF next to RF. Turn ¼ right stepping RF forward.  
5&6                      Turn ¼ right stepping LF to left side. Close RF next to LF. Turn ¼ right stepping LF back.  
7 - 8                      Rock RF Back. Recover forward on LF. (Facing 3 o'clock)

## Start Again

### TAG 1: End of 4th wall facing 12:00

#### [1 - 8] Side strut, Cross strut. Side Rock, Cross Shuffle

1 - 2                      Touch right toe to right side and drop right heel.  
3 - 4                      Touch left toe across right and drop left heel.  
5 - 6                      Rock RF to right side. Recover back on LF.  
7&8                      Cross step RF over LF, step LF to left side, cross RF over LF

#### [9 - 12] Side Rock, Behind Side Cross

1 - 2                      Rock LF to right side. Recover back on RF.  
3 & 4                      Cross LF behind RF, step RF to right side, cross LF over RF

### TAG 2: End of 9th wall facing 3:00

#### [1 - 4] Side Rock, Back Rock.

1 - 2                      Rock RF to right side. Recover back on LF.

3 - 4                Rock RF behind left. Recover back on LF.

**Ending: 12th wall facing 9:00 dance 1st 8 counts then add Step Pivot, Step Hold  
[1 - 4] Step Pivot. Step Hold.**

1 - 2                Step RF forward. Pivot ½ left on ball of left foot.

3 - 4                Step RF forward. Hold

**Contact: [desireews@telkomsa.net](mailto:desireews@telkomsa.net)**

**Last Update - 28 Feb. 2019**

---