

Better Than Ever

COPPER **KNOB**
STEPSHETS

拍數: 136 牆數: 1 級數: Intermediate
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音樂: I'm Still Standing - Elton John



Sequence : AA B C A B C A B C *C*C*C

Intro : 32 counts

PART A: 40 counts

A: KICK, KICK, TOUCH, KICK, SAILOR STEP X2

1 RF Kick forward
2 RF Kick diagonally right
3 RF Touch next to LF
4 RF Kick diagonally right
5 RF Cross behind LF
& LF Step side left
6 RF Step side right
7 LF Cross behind RF
& RF Step side right
8 LF Step side left

A: SWIVEL, HOLD, SWIVEL, HOLD, SWIVEL X4

9 RF Step diagonally forward right
10 RF Hold
11 LF Step diagonally forward left
12 LF Hold
13 RF Step diagonally forward right
14 LF Step diagonally forward left
15 RF Step diagonally forward right
16 LF Step diagonally forward left

A: STEP, HOLD, ½ TURN, HOLD, JAZZ BOX, ¼ TURN

17 RF Step forward
18 RF Hold
19 LF ½ turn left
20 LF Hold (6.00)
21 RF Cross over LF
22 LF Step back
23 RF ¼ turn right step side right
24 LF Step forward (9.00)

A: KICK, STEP, KICK, STEP, ROCKING CHAIR

25 RF Kick forward
26 RF Step forward
27 LF Kick forward
28 LF Step forward
29 RF Rock forward
30 LF Recover
31 RF Rock back
32 LF Recover

A: ROCK, RECOVER, ¼ TURN, HOLD, JAZZ BOX, HOLD

33 RF Rock forward
34 LF Recover
35 RF ¼ turn right step side right
36 RF Hold (12.00)
37 LF Cross in front of RF
38 RF Step back
39 LF Step side left
40 LF Hold

PART B: 64 counts

B: STEP, HOP, STEP, HOP, STEP, HOP X2, HOLD

1 RF Step diagonally right
2 RF Slight hop lifting left leg back
3 LF Step diagonally left
4 LF Slight hop lifting right leg back
5 RF Step diagonally right
6 RF Slight hop lifting left leg back
7 RF Slight hop
8 RF Hold

B: ROCK, RECOVER, SIDE, HOLD, WEAVE ¼ TURN

9 LF Cross rock in front of RF
10 RF Recover
11 LF Step side left
12 LF Hold
13 RF Cross in front of LF
14 LF Step side left
15 RF Cross behind LF
16 LF ¼ turn left step forward (9.00)

B: SLOW WALK X4 ¾ TURN

17 RF Step forward
18 RF Hold
19 LF ¼ turn left step forward
20 LF Hold (6.00)
21 RF ¼ turn left step forward
22 RF Hold (3.00)
23 LF ¼ turn left step forward
24 LF Hold (12.00)

B: STEP, FLICK (X4)

25 RF Step next to LF
26 LF Flick diagonally back left
27 LF Step next to RF
28 RF Flick diagonally back right
29 RF Step next to LF
30 LF Flick diagonally back left
31 LF Step next to RF
32 RF Flick diagonally back right

B: STEP, HOP, STEP, HOP, STEP, HOP X2, HOLD

33 RF Step diagonally right
34 RF Slight hop lifting left leg back
35 LF Step diagonally left

36 LF Slight hop lifting right leg back
37 RF Step diagonally right
38 RF Slight hop lifting left leg back
39 RF Slight hop
40 RF Hold

B: ROCK, RECOVER, SIDE, HOLD, WEAVE ¼ TURN

41 LF Cross rock in front of RF
42 RF Recover
43 LF Step side left
44 LF Hold
45 RF Cross in front of LF
46 LF Step side left
47 RF Cross behind LF
48 LF ¼ turn left step forward (9.00)

B: SLOW WALK X4 ¾ TURN

49 RF Step forward
50 RF Hold
51 LF ¼ turn left step forward
52 LF Hold (6.00)
53 RF ¼ turn left step forward
54 RF Hold (3.00)
55 LF ¼ turn left step forward
56 LF Hold (12.00)

B: CHARLESTON, SCUFF HITCH

57 RF Touch toe forward
58 RF Swing leg back
59 RF Step back
60 LF Swing leg back
61 LF Touch left toe back
62 LF Swing leg forward
63 LF Step forward
64 RF Scuff heel forward hitch

PART C: 32 counts

C: STEP, STEP, HOLD X2, TOUCH, STEP BACK, HEEL, STEP

1 RF Step forward
2 LF Step forward
3 LF Hold
4 LF Hold
5 LF Touch right toe behind LF
6 RF Step back
7 RF Touch left heel forward
8 LF Step forward

C: HITCH, HOLD, STEP BACK, HOLD, ROCK BACK, RECOVER, STEP, TOGETHER

9 RF Slightly hitch knee
10 RF Hold
11 RF Step back
12 RF Hold
13 LF Rock back
14 RF Recover

- 15 LF Step forward
- 16 RF Step next to LF

C: STEP, HOLD, TOUCH, HOLD, ¼ TURN, HOLD, ½ TURN, HOLD

- 17 LF Step forward
- 18 LF Hold
- 19 RF Touch right toe side right
- 20 RF Hold
- 21 RF ¼ turn right step forward
- 22 RF Hold (3.00)
- 23 LF ½ turn right step back
- 24 LF Hold (9.00)

C: ¼ TURN, HOLD, ROCK BACK, RECOVER, ¼ TURN, ½ TURN, ¼ TURN, HOLD

- 25 RF ¼ turn right step side right
- 26 RF Hold (12.00)
- 27 LF Rock back
- 28 RF Recover
- 29 LF ¼ turn left step forward
- 30 RF ½ turn left step back
- 31 LF ¼ turn left step side left (12.00)
- 32 LF Hold

***At the end of the 3rd "C", instead of HOLD on count 32, step RF next to LF, and then do the "C" part from count 17-31.**

****And repeat this two more times until the song fades out. The last count will be 20 of part "C".**

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