

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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