

You Deserve Better

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Advanced
編舞者: Fred Whitehouse (IRE) - August 2018
音樂: You Deserve Better - James Arthur : (3:27)



Intro – 40 Counts from start of track (approx:24 Seconds)

[1-8] Step Sweep, Cross, Step Side, Heel Ball Step, ½ Turn Twist & Look, Touch x2

- 1,2& Step RF forward sweeping LF from back to front, Step LF over R, step RF to R side
3&4 Touch L heel to L diagonal, close LF next to R, step RF forward
5,6& Swivel both heels R making ½ turn L looking back over shoulder, recover heels back to center placing weight on LF, step RF back to R diagonal
7&8 Touch LF next to R, step LF back to L diagonal, touch RF next to L

[9-16] Push Step x2, Step, Out, Out, Swivel, Swivel Rise, Drop, Heel, Ball Step

- &1&2 Rock RF back diagonal, recover weight on to L, rock RF back diagonal, recover weight on to L (Push step, use the ball of the RF to Rock back)
3&4 Step RF forward diagonal, step LF to L side, step RF to R side squaring up to 12.00
&5,6 Swivel both heels R, swivel toes R and rise up on ball of feet facing diagonal, recover weight on LF (1.30)
7&8 Touch R heel forward, close RF next to L, step LF forward

[17-24] Sweep x2, Sailor ½ Turn R, Rock, Recover & Hitch, Weave

- 1,2 Step RF back sweeping LF from front to back, step LF back sweeping RF from front to back
3&4 Step RF behind L, ¼ turn R stepping LF to L side, ¼ turn R stepping RF forward
5,6 Rock LF forward, recover on R hitching L knee
7&8 Step LF behind R, 1/8 turn R stepping RF to R side, cross LF over R

[25-32] ¾ Box Turn, Ball Step, Slide Feet Apart, Drag Feet Back Together Making ¾ Turn L, Place Weight On LF

- 1,2 Step RF to R side, ¼ turn L stepping LF to L side,
3,4 ¼ turn L stepping RF to R side, ¼ turn L stepping LF to L side (Styling: Pop Knees out on every ¼ Turn)
&5,6 Close RF next to L, step LF to L side, twist both heels & body ¼ turn R (Push feet further apart if possible)
7,8 Make ¾ Turn L pulling LF towards RF (Pull feet back together making ¾ turn) place weight on L

(Restart Here During Wall 4)

[33-40] Walk R,L, Rock & Cross, ¼ Turn R x2, Rock ,¼ Turn R, Cross

- 1,2 Step RF forward, step LF forward
3&4 Rock RF to R side, cross RF over L
5,6 ¼ turn R stepping LF back, ¼ turn R stepping RF forward
7&8 Rock LF forward, ¼ turn R stepping RF to R side, cross LF over R

[41-48] Heel Switches x2, Double Heel Switch R, Sailor ¼ Turn R, Triple Full Turn L

- 1&2& Touch R heel to R diagonal as you swivel L heel in, close RF next to L, touch L heel to L diagonal as you swivel R heel in, close LF next to R (option: Touch R to R side, close R next to L, touch L to L side, close L next to R)
3&4 Touch R heel to R diagonal as you swivel L heel in, touch RF next to L, touch R heel to R diagonal as you swivel L heel in (option: Touch R to R side, touch R next to L, touch R to R side)
5&6 Step RF behind L, step RF to R side, ¼ turn R stepping RF forward

7&8 Make full turn L stepping L,R,L (triple full turn, weight ending on LF)

[49-56] Camel Walks x4, Rock & Cross x2, Point RF to R Side

1,2 1/8 turn L stepping RF forward pop L knee, 1/8 turn L stepping LF forward pop R knee
3,4 1/8 turn L stepping RF forward pop L knee, 1/8 turn L stepping LF forward pop R knee facing
 12.00 (on all pops, tap both hands on hips to hit the beat)
5&6 Rock RF to R side, recover on to L, cross RF over L
&7 Rock LF to L side, recover on to R,
&8 Cross LF over R, point RF to R side

[57-64] ½ Turn L x2 (moon walk glides) & Lock, ½ Turn L Unwind, Walk R,L

1,2 Step RF forward pushing LF back, ½ turn L placing weight on LF
3,4 Step RF forward pushing LF back, ½ turn L placing weight on LF (1/2 turn moon walk glides)
&5,6 Step RF forward, touch LF behind R, unwind ½ turn L placing weight on L
7,8 Step RF forward, step LF forward

Happy Dancing.

Contact: f_whitehouse@hotmail.com
