

We're Better Off (P)

COPPERKNOB
BY STEPHEN SHEETS

拍數: 32 牆數: 0 級數: Improver Partner
編舞者: Steve Dessert (USA) - February 2021
音樂: Better Off - Trace Adkins



[32 count intro, start on vocals]

Start: Indian position facing OLOD. Like footwork except where noted

[1-8] SIDE STEP, SHUFFLE, ROCK, REPLACE, STEP SIDE, TOUCH (LADIES STEP TURN)

1,2,3&4 Step side L, step R next to L, step side L, step R next to L, step side left
5,6,7,8 Man: Rock back R, replace L, step side R, touch L
5,6,7,8 Lady: Rock back R, replace L, step R turn left to face ILOD, step L next to R

Hands: On count 7,8: right hands go over lady's head, then cross in front

[9-16] KICK BALL STEP, SWAY, SWAY, SAILOR SHUFFLE, SAILOR SHUFFLE

1&2 Man: Kick fwd L, step ball of L next to R, step R next to L
1&2 Lady: Kick fwd R, step ball of R next to L, step L next to R
3, 4 Man: Sway left, sway right (ending with weight on the R)
3, 4 Lady: Sway right, sway left (ending with weight on the L)
5&6, 7&8 Man: Cross behind L, step side R, step side L, cross behind R, step side L, step side R
5&6, 7&8 Lady: Cross behind R, step side L, step side R, cross behind L, step side R, step side L

[17- 24] STEP, CROSS ROCK, REPLACE, SHUFFLE, CROSS ROCK, REPLACE, SHUFFLE TURN

&1,2,3&4 Man: Step L next to R, cross rock R over L, rock back replace wt. on L, step side R, step L next to R, step side R
&1,2,3&4 Lady: Step R next to L, cross rock L over R, rock back replace wt. on R, step side L, step R next to L, step side L
5,6,7&8 Man: Cross rock L over R, rock back replace wt. on R, step side L, step R next to L, step fwd L making $\frac{1}{4}$ to face FLOD
5,6,7&8 Lady: Cross rock R over L, rock back replace wt. on L, triple step turn right to face FLOD (step fwd R $\frac{1}{2}$ turn right, step back L $\frac{1}{2}$ turn right, step fwd R $\frac{1}{2}$ turn right to face FLOD)

Hands: On count 3&4: Drop left hands

Hands: On count 7&8: Right hands lift over Lady's head

[25-32] LOCK STEP, LOCK STEP, FWD ROCK, REPLACE, STEP SIDE, TOUCH

1&2, 3&4 Man: Step fwd R, lock step L behind R, step fwd R, step fwd L, lock step R behind L, step fwd L
1&2, 3&4 Lady: Step fwd L, lock step R behind L, step fwd L, step fwd R, lock step L behind R, step fwd R
5,6,7,8 Man: Rock fwd R, replace wt. back on L, step side R, touch L next to R
5,6,7,8 Lady: Rock fwd L, replace wt. back on R, step fwd L with $\frac{1}{2}$ turn left to face BLOD, step side R with $\frac{1}{4}$ turn left to face OLOD (Return to Indian position)

Hands- (Sweetheart position while moving FLOD) On count 6: Drop left hands

On count 7,8: Bring right hands through turn to return to Indian position

Contact: Dancingcowboy71@gmail.com