

# A Better Life

COPPER KNOB  
BY STEPHEN HETS

拍數: 48      牆數: 4      級數: Beginner  
編舞者: Regina Hayes (USA) - July 2023  
音樂: Better Life - Keith Urban



Written in memory of Debby Record-Simmers, who shared her love of dance with me (and her shoes). She loved East Coast Swing and Polka. Enjoy!

Intro: 24 counts

## [1-8] Shuffles R/L, Rocking Chair

1&2      Step R fwd, step L next to R, step R fwd  
3&4      Step L fwd, step R next to L, step L fwd  
5,6,7,8      Rock fwd R, recover L, Rock back R, recover L

## [9-16] ¼ turn Monterrey x2

1,2,3,4      Point R toe to R, step next to L turning ¼ R, point L toe to L, step L next to R (3:00)  
5,6,7,8      Point R toe to R, step next to L turning ¼ R, point L toe to L, step L next to R (6:00)

## [17-24] Repeat 1-8 (Shuffles R/L, Rocking Chair)

1&2      Step R fwd, step L next to R, step R fwd  
3&4      Step L fwd, step R next to L, step L fwd  
5,6,7,8      Rock fwd R, recover L, Rock back R, recover L

## [25-32] Repeat 9-16 (¼ turn Monterrey x2)

1,2,3,4      Point R toe to R, step next to L turning ¼ R, point L toe to L, step L next to R (9:00)  
5,6,7,8      Point R toe to R, step next to L turning ¼ R, point L toe to L, step L next to R (12:00)

## [33-40] Vines R/L ¼ turn

1,2,3,4      Step R to R, step L slightly behind, step R to R, touch L next to R  
5,6,7,8      Step L to L, step R slightly behind, step L to L turning ¼ L, touch or brush R next to L (9:00)

## [41-48] Step touch fwd/back, V-step

1,2,3,4      Step R fwd, touch L behind R, Step L back, touch R next to L (or hook R heel in front of L)  
5,6,7,8      Step R to R diag, step L to L diag, Step R back to center, Step L next to R

No TAGS, No RESTARTS