

Better Start Livin' Right Now

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Low Intermediate
編舞者: Mark Paulino (USA) & Hana Ries (USA) - October 2023
音樂: Days Go By - Keith Urban



- 1 Tag - 1 Restart

Intro 32 Counts - Wall rotation counterclockwise
(Read: R=right foot, L=left foot)

STEP BACK/DRAG, ROCK/RECOVER, WIZARD STEP X2 (12:00→12:00)

1 2 Step R back as L drags towards R
3 4 Rock L back, Recover to R
5 6& Step L diagonal fwd, Lock R behind L, Step L diagonal fwd
7 8& Step R diagonal fwd, Lock L behind R, Step R diagonal fwd

STEP FORWARD WITH BODY ROLL X2, BALL STEP ROCK RECOVER, ¼ TURN STEP, ½ TURN WITH SIDE HITCH (12:00→9:00)

1 2 Step L fwd with body roll, Recover to R
3 4 Weight shift fwd with body roll, Recover to R
&5 6 Step L besides R, Step R fwd/rock, recover to L
7 8 ¼ turn clockwise with R side step, ½ turn clockwise with L side hitch

Option: During steps 1-6, sway hands/arms from back to front

SIDE STEP WITH DRAG, BEHIND CROSS ROCK RECOVER, HIP SWAYS X4 (9:00→9:00)

1 2 Side step L as R drags towards L
3 4 R cross rock behind L, Recover to L
5 6 7 8 Step R to right with hips sway right, left, right, left

SIDE SHUFFLE, ½ TURN SIDE SHUFFLE, BOX STEP WITH CROSS OVER (9:00→3:00)

1&2 Side step R, L steps besides R, Side step R
3&4 ½ turn counterclockwise with side step L, R steps besides L, Side step L
5 6 R cross over L, L step back
7 8 Side step R, L cross over R

SIDE STEP & TOUCH, ¼ SIDE STEP & TOUCH, SIDE STEP & TOGETHER, BOUNCE X2 (3:00→6:00)

1 2 Side step R, L touch besides R
3 4 ¼ turn clockwise with side step L, R touch besides L
5 6 Side step R, L steps besides R
7&8& Both heels rise, Recover back down, Both heels rise, Recover back down

Option: During steps 1-6, sway arms up towards step/touch direction.

During bounces, raising hands up as you bounce, especially when "Ooh Ooh" is sung in the lyrics.

Restart here on wall 6, facing 3:00

SIDE ROCK RECOVER, CROSS SHUFFLE, SIDE ROCK RECOVER, CROSS OVER, ¼ TURN STEP BACK (6:00→9:00)

1 2 Side step L, Recover to R
3&4 L cross over R, Side step R, L cross over R
5 6 Side step R, Recover to L
7 8 R cross over L, ¼ turn clockwise with L stepping back

TAG: After wall 5, add a 4 count tag (facing 9:00)

1 2 Step R back as sway your body back

3 4

Step L fwd as you sway your body fwd

ENDING: During 9th wall, after the box step with cross over (32nd count) facing 12:00, side hop to the right with feet together, raising both hands up from the sides slowly for 8 counts while inhaling, and exhale while lowering hands down to your side for 8 counts.

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