

Better Lovely Day

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Sue Korek (USA) - 26 August 2024
音樂: Better - Khalid
或: Lovely Day - Bill Withers



Alternate Music:

Lovely Day (Bill Withers--1977), Intro: 20 secs

No tags or restarts

Introduction: 20 secs on lyrics

Begin with weight on left foot (L).

SECTION 1 (STEP SCUFFS, ROCKING CHAIR)

1-2 Step R forward, scuff L
3-4 Step L forward, scuff R
5-6 Rock R forward, recover on L
7-8 Rock R backward, recover on L

SECTION 2 (TWO V-STEPS)

1-2 Step R diagonally right, step L diagonally left
3-4 Step R right back, step L back
5-8 Step R diagonally right, step L diagonally left
7-8 Step R right back, step L back

SECTION 3 (K-STEP WITH CLAPS)

1-2 Step R diagonally forward, touch L beside R
3-4 Step L diagonally backward, touch R beside L
5-6 Step R diagonally backward, touch L beside R
7-8 Step L diagonally forward, touch R beside L

SECTION 4 (VINE RIGHT, VINE LEFT ¼ TURN)

1-2 Step R to right side, step L behind R,
3-4 Step R to right side, touch L beside R
5-6 Step L to left side, step R behind L
7-8 Turn ¼ step L, touch R beside L

Enjoy this 98 bpm introductory dance to practice AB steps.

Please consider creating a TEACH or DEMO video.

Contact: suekorek@gmail.com

Last Update: 28 Sep 2024