

# Better Me For You

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Nathan Gardiner (SCO) - February 2025  
音樂: Better Me For You (Brown Eyes) - Max McNown



Intro: 8 counts approx 6 secs into track

**Step Back, Rock Back, Recover, Step Forward, Cross, Side L, Back, Behind, Side R, Cross Rock, Recover, Side Rock, Recover**

1                    Step back on R  
2&3                Rock back on L, Recover on L, Step forward on L sweeping R from back to front  
4&5                Cross R over L, Step L to L side, Step back on R sweeping L from front to back  
6&                 Step L slightly behind R, Step R to R side  
7&8&              Cross rock L over R, Recover on R, Rock out to L side, Recover on R

**Step Back with Sweep, Step Back with Sweep, Coaster Step, R Lock Step, Step Pivot ¼ R Cross**

1-2                Step back on L sweeping R from front to back, Step back on R sweeping L from front to back  
3&4                Step L behind R, Step R to R side, Cross L over R  
5&6                Step forward on R, Lock R behind L, Step forward on R  
7&8                Step forward on L, Pivot ¼ R, Cross L over R

**¼ L, ¼ L, Cross, ¼ R, ¼ R, Cross, Step, Touch, Back, Kick, Behind Side Cross, Touch**

1&2                ¼ L stepping back on R, ¼ L stepping L to L side, Cross R over L  
3&4                ¼ R stepping back on L, ¼ R stepping R to R side, Cross L over R  
5&6                Step forward on R diagonal, Touch L next to R, Step back on L, Kick R forward  
7&8                Step R behind L, Step L to L side, Cross R over L, Touch L next to R

**Side L, Rock Back, Recover, Side R, Rock Back, Recover, Sway L, Sway R, ¾ L, Step Back, Together**

1-2&              Step L to L side, Rock back on R, Recover on L  
3-4&              Step R to R side, Rock back on L, Recover on R  
5-6                Step L to L side swaying to L side, Sway to R side  
7-8&              ¼ L stepping forward on L keep turning ½ L on ball of L foot hitching R knee slightly, Step back on R, Step L next to R

(Easy option counts 7-8&) ¼ R stepping back on L, Step R next to L, Step back on L

Tag: End of wall 1

**Step Back with Sweep, Step Back, with Sweep, Reverse Rocking Chair**

1-2                Step back on R sweeping L from front to back, Step back on L sweeping R from front to back  
3&4&              Rock back on R, Recover on L, Rock forward on R, Recover on L

Tag: End of wall 2

**Step Back, Rock Back, Recover, Step Forward, Mambo ½ R, Mambo ½ L, Rock Forward, Recover**

1                    Step back on R  
2&3                Rock back on L, Recover on R, Step forward on L  
4&5                Rock forward on R, Recover on L, ½ R stepping forward on R  
6&7                Rock forward on L, Recover on R, ½ L stepping forward on L  
8&                 Rock forward on R, Recover on L

Tag: End of wall 5

**Reverse Rocking Chair**

1&2&              Rock back on R, Recover on L, Rock forward on R, Recover on L

Contact: [nathan.gardiner1998@hotmail.co.uk](mailto:nathan.gardiner1998@hotmail.co.uk)

