

Better by Myself

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 2 級數: Easy Improver
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音樂: Better By Myself - Jamie Miller



*****3 Restarts (2nd, 4th & 6th Walls)**

Intro : 4 Counts

Sequences : 32-16R-32-8R- 32-16R-32- 32-32-32-32

S 1 R SIDE, L POINT FWD, L SIDE, POINT BACK, CHASSE ¼ TURN R, STEP 1/2 TURN R

1 – 2 RF to the R, L Point Fwd
3 – 4 LF to the L, R Point Behind LF (Option : Arms to the L with Snap)
5 & 6 RF to the R, Together, ¼ Turn R – RF Fwd (3:00)
7 – 8 LF Fwd, ½ Turn R (weight on RF) (9:00) HERE 2nd RESTART (Facing 3:00)

S 2 WALK L - R, KICK BALL STEP, TRIPLE STEP, HEEL SWITCHES

1 – 2 LF Fwd, RF Fwd
3 & 4 Kick LF, Ball L next to RF, RF Fwd
5 & 6 LF Fwd, Together, LF Fwd
7 & 8 R Heel Fwd, Together, L Heel Fwd
& Together HERE 1st RESTART (Facing 12:00) & 3rd RESTART (Facing 3:00)

S 3 ¼ TURN R CROSS, L POINT TO L – FWD – TO L, CROSS, ¼ TURN L BACK, SHUFFLE ½ TURN L

1 – 2 ¼ Turn R – Cross RF over LF, L Point to the L (12:00)
3 – 4 L Point Fwd, L Point to the L
5 – 6 Cross LF over RF, ¼ Turn L – RF Back (9:00)
7 & 8 ¼ Turn L – LF to the L, Together, ¼ Turn L – LF Fwd (3:00)

S 4 JAZZ BOX, HIP ROLL R – L *

1-2-3-4 Cross RF over LF, LF Back, RF to the R, Cross LF over RF
5 – 6 Roll the L pelvis to the R *
7 – 8 Roll the R pelvis to the L *

***Option « 5 to 8 »**

5 & 6 Hip Bump to the R
7 & 8 Hip Bump to the L

Dance & Have fun !!!!

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