

# I've Been Better

COPPER KNOB  
STEPPERS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Beth Brydon  
音樂: I've Been Better - Brad Paisley



## & OUT, OUT, TOUCH, & BACK, FORWARD, ROCK FORWARD, BACK, SHUFFLE BACK

&1-2&3&      Step right to side, step left to side, touch right next to left, & step back right, left heel forward  
&4&      Step left next right, step forward right  
5-6-7&8      Rock forward left, rock back right, shuffle back left, right, left

## ROCK BACK, FORWARD, ½ TURN SHUFFLE, ROCK BACK, FORWARD, SHUFFLE FORWARD

1-2-3&4      Rock back right, rock forward left, ½ turn left shuffle back right, left, right  
5-6-7&8      Rock back left, rock forward right, shuffle forward left, right, left

1-16      Repeat above 16 counts

## STEP, POINT, STEP, POINT, RIGHT SAILOR, LEFT SAILOR

1-2-3-4      Step right forward, point left to side, step left forward, point right to side  
5&6-7&8      Right sailor step, left sailor step

## SHUFFLE RIGHT, LEFT, RIGHT, SHUFFLE LEFT, RIGHT, LEFT, ROCK FORWARD, BACK, & CROSS, ROCK FORWARD, BACK

1&2-3&4      Turn right diagonally shuffle on the spot right, left, right, turning left day shuffle on the spot left, right  
5-6      Rock forward right, rock back left, (still diagonally left)  
&      Step right next left  
7-8      Rock forward left, rock back right (facing diagonally right)

## & STEP TOGETHER, FORWARD, ½ PIVOT, ½ PIVOT, ¼ PIVOT, CROSS SHUFFLE

&      Step left next right  
1-2-3-4      Step forward right, ½ pivot turn left, step forward right, ½ pivot left  
5-6-7&8      Step right forward, ¼ pivot turn left, cross shuffle right, left, right

## SIDE SHUFFLE, ROCK BACK, FORWARD, SCOOT FORWARD, ROCK, COASTER STEP

1&2-3-4      Side shuffle to left (left, right, left), rock back right, forward left  
&      Step right next to left  
5-6-7&8      Rock forward left, rock back right, coaster step left, right, left

## REPEAT

## TAG

### End of 1st wall, end of 3rd wall

1-2-3-4      Step right to side, drag left to right, step left to side, drag right to left

## RESTART

On wall 6 (instrumental) dance only to the final side shuffle left, then start again.