

Better Days

COPPER **KNOB**
STEPSHEETS

拍數: 60 牆數: 4 級數: Intermediate
編舞者: Achim Daß (DE) & Anke Daß (DE)
音樂: Better Days - Slow Horses



GRAPEVINE, JUMPS, CLAP

- 1-4 Right foot to right, cross left foot behind right foot, right foot to right, touch left heel in front (12:00)
5-7 With jumps, right heel forward, left heel forward, right heel forward
8 Clap

1 ½ TURN RIGHT, HOLD, JUMP, CLAP, JUMP, CLAP

- 1-3 Turn 1 ½ turns right with 3 steps, right, left, right (6:00)
4 Hold
5 Jump forward
6 Clap
7 Jump back
8 Hold

SHUFFLE RIGHT, ROCK STEP, SHUFFLE LEFT, ROCK STEP

- 1&2 Right foot to right, left foot next to right foot, right foot to right
3-4 Step left behind right foot, rock back on right foot
5&6 Left foot to left, right foot next to left, left foot to left
7-8 Step right behind left, rock back on left foot

MONTEREY TURN, HOLD, CROSS SHUFFLE RIGHT, ROCK STEP

- 1-3 Touch right foot right, ½ turn left, touch left foot left (12:00)
4 Hold
5&6 Cross left foot over right foot, step right foot behind left foot, step left foot left
7 Step right foot right
8 Weight back to left foot

CROSS SHUFFLE, ROCK STEP, DWIGHT YOAKAM STEPS

- 1&2 Cross right foot over left foot, step left foot behind right foot, step right foot right
3 Step left foot left
4 Weight back on right foot
5& Swivel right heel left and touch left toe in, swivel right toe left and touch left heel in
6& Swivel right heel left and touch left toe in, swivel right toe left and touch left heel in
7&& Repeat 5&6&

KICK, KICK WITH ¼ TURN, COASTER STEP, HEEL TOE TWIST, SHUFFLE FORWARD

- 1 Kick left foot forward
2 Kick left foot with ¼ turn right forward (9:00)
3&4 Left foot back & right foot together & left foot forward
5-6 With weight on left toe and right heel turn left heel to the left while right toe to the right (both left heel and right toes will come off the floor), swivel left heel back to center while right toe back to center (end with weight on left foot)
7&8 Right foot forward, slide left foot next to right, step right foot forward

SAILOR STEP, KICK, KICK WITH ¼ TURN, COASTER STEP

- 1&2 Cross left foot over right, step right foot to right, touch left heel in front
3&4 Cross right foot over left, step left foot to left, touch right heel in front

- 5 Kick right foot forward
- 6 Kick right foot with $\frac{1}{4}$ turn left forward (12:00)
- 7&8 Right foot back & left foot together & right foot forward

KICK, KICK WITH $\frac{1}{4}$ TURN, COASTER STEP

- 1 Kick left foot forward
- 2 Kick left foot with $\frac{1}{4}$ turn right forward (9:00)
- 3&4 Left foot back & right foot together & left foot forward

REPEAT
