

# Better Life

**COPPER** **KNOB**  
BY STEPHEN

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Peter Metelnick (UK)  
音樂: Better Life - Keith Urban



## RIGHT & LEFT HEEL SWITCHES, LEFT BALL CROSS, ¼ RIGHT & KICK, RIGHT BALL CROSS, ¾ TURN LEFT INTO FORWARD SHUFFLE

1&2&      Touch right heel forward, step right together, touch left heel forward, step left together  
3&4      Cross step right over left, turning ¼ right step left back, kick right on right diagonal  
&5-6      Step right back, cross step left over right, turning ¼ left step right back  
7&8      Turning ½ left step left forward, step right together, step left forward

## RIGHT & LEFT HEEL SWITCHES, LEFT BALL CROSS, ¼ RIGHT & KICK, RIGHT BALL CROSS, ½ TURN LEFT INTO SIDE SHUFFLE

1&2&      Touch right heel forward, step right together, touch left heel forward, step left together  
3&4      Cross step right over left, turning ¼ right step left back, kick right on right diagonal  
&5-6      Step right back, cross step left over right, turning ¼ left step right back  
7&8      Turning ¼ left step left to left, step right together, step left to left

## SYNCOPATED RIGHT CROSS ROCK & RECOVER, WEAVE RIGHT 2, LEFT SAILOR, RIGHT CROSS BEHIND & UNWIND ¾ RIGHT

1&2      Cross step right over left, recover weight on left, step right to right  
3-4      Cross step left over right, step right to right  
5&6      Cross step left behind right, step right to right, step left to left  
7-8      Touch right behind left, unwind ¾ right with weight ending on right

## LEFT FORWARD ROCK & RECOVER, ½ LEFT SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT KICK BALL TOUCH

1-2      Rock left forward, recover weight on right  
3&4      Turning ½ left step left forward, step right together, step left forward  
5-6      Step right forward, pivot ½ left  
7&8      Kick right forward, step right together, touch left to left

## LEFT SAILOR WITH ¼ RIGHT TURN, RIGHT SAILOR HEEL, RIGHT BALL CROSS INTO LEFT CROSS SHUFFLE, ½ LEFT TURN

1&2      Cross step left behind right, turning ¼ right step right to right, step left to left  
3&4      Cross step right behind left, step left to left, touch right heel forward on right diagonal  
&5&6      Step right back, cross step left over right, step right to right, cross step left over right  
7-8      Turning ¼ left step right back, turning ¼ left step left to left

## RIGHT FORWARD, TOUCH LEFT TOGETHER, LEFT BALL HEEL, RIGHT BACK, LEFT FORWARD, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT KICK BALL STEP

1-2      Step right forward, touch left together  
&3&4      Step left back, touch right heel forward, step right back, step left forward  
5-6      Step right forward, pivot ½ left  
7&8      Kick right forward, step right together, step left forward

**REPEAT**