

# Better Life

**COPPER** KNOB  
BY STEPHEN HETS

拍數: 48      牆數: 4      級數: Improver  
編舞者: Ingvar Härén  
音樂: Better Life - Keith Urban



## STOMP TWICE, HEEL LIFT X 3, SIDE ROCK, SAILOR STEP

1-2      Stomp right foot back, stomp left in place  
3&4      Lift right heel, left heel, right heel in place  
5-6      Rock right to right side, recover onto left  
7&8      Step right behind left, step left to left side, step right in place

## STOMP TWICE, HEEL LIFT X 3, SIDE ROCK, SAILOR STEP

1-2      Stomp left foot in front, stomp right in place  
3&4      Lift left heel, right heel, left heel in place  
5-6      Rock left to left side, recover onto right  
7&8      Step left behind right, step right to right side, step left in place

## SHUFFLE FORWARD, SYNCOPATED ROCK, SHUFFLE BACK, CROSS UN WIND ½ TURN

1&2      Step right forward, step left next to right, step right forward  
3&4      Rock forward on left, recover onto right, rock forward on left  
5&6      Step right back, step left next to right, step right back  
7-8      Cross left behind right un wind ½ turn left

## RIGHT WEAVE TWICE, SIDE ROCK, COASTER STEP

1&2&      Step right to right side, cross left behind right, step right to right side, cross left over right  
3&4&      Step right to right side, cross left behind right, step right to right side, cross left over right  
5-6      Rock right to right side, recover onto left  
7&8      Step back on right, close left beside right, step forward on right

## LEFT WEAVE TWICE, SIDE ROCK, COASTER STEP

1&2&      Step left to left side, cross right behind left, step left to left side, cross right over left  
3&4&      Step left to left side, cross right behind left, step left to left side, cross right over left  
5-6      Rock left to left side, recover onto right  
7&8      Step back on left, close right beside left, step forward on left

## TOE TOUCHES, SAILOR STEP, TOE TOUCHES, SAILOR STEP ¼ TURN LEFT

1-2      Point right toe forward, to right side  
3&4      Step right behind left, step left to left side, step right in place  
5-6      Point left toe forward, to left side  
7&8      Step left behind right and make ¼ turn to left, step right to right side, step left in place

**REPEAT**

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