

# A Better Life

**COPPER KNOB**  
BY STEPHEN

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Bill Larson (AUS)  
音樂: Better Life - Keith Urban



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## CROSS SHUFFLE FORWARD: RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, FORWARD ROCK 1&½ ROLLING TURN BACK

1&2-3&4      Shuffle forward toward 11:00 stepping right-left-right, shuffle forward towards 1:00 stepping left-right-left  
5-6-7&8      Step right forward, recover weight onto left with ½ turn right, completing a full turn right step forward right left right

## TURN WEAVE TURN ROCK BACK FULL TURN, ½ TURN SHUFFLE

1&2&      Turning a ¼ right step left to side, step right behind left, step left to side, cross right over left  
3-4      Step left to side with ¼ left, recover weight onto right  
5-6-7&8      Turning a ½ left step left forward, turning a ½ left step right back, turning a ½ left shuffle forward left-right-left

## CROSS SAMBA, CROSS SAMBA, TOUCH BEHIND ½ UNWIND SAILOR

1&2      Cross right over left, step left to side, recover weight onto right  
3&4      Cross left over right, step right to side, recover weight onto left  
5-6      Cross right over left, unwind ¾ left (weight on right)  
7&8      Step left behind right, step right to side, recover weight onto left

## SHUFFLE RIGHT SIDE, CROSS ROCK, SHUFFLE LEFT SIDE CROSS ROCK

1&2-3-4      Shuffling right to side: stepping right left right, cross left over right, recover weight onto right  
5&6-7-8      Shuffling left to side: stepping left right left, cross right over left, recover weight onto left

## BALL-STEP BEHIND OUT OUT BALL CROSS, STEP BEHIND OUT OUT BALL CROSS

&      Step right beside left  
1-2&3      Step left to side, step right behind left, step left to side, step right to side (feet shoulder width apart)  
&4      Step left beside right, cross right over left  
5-6&7      Step left to side, step right behind left, step left to side, step right to side (feet shoulder width apart)  
&8      Step left beside right, cross right over left

## SIDE ROCK-TURN SHUFFLE, STEP PIVOT STEP TURN-STEP

1-2-3&4      Step left to side, recover weight onto right, turning a ¾ left shuffle forward on left: left-right-left  
5-6-7-8      Step right forward, pivot ½ turn left, step forward on right, turning a ¾ left step left forward

**REPEAT**

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