

# Better Off Alone

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

拍數: 54      牆數: 4      級數: Intermediate waltz  
編舞者: Dee Musk (UK)  
音樂: Better Off Alone - Katharine McPhee



**48 count intro. Start on heavy beat when Katharine sings "tonight" (approx. 24 seconds)**

## **STEP, STEP ¼ RIGHT, TWINKLE ½ TURN LEFT**

1-2-3      Step right forward, step left forward, turn ¼ right (weight to right)  
4-5-6      Cross left over right, turn ¼ left and step right back, turn ¼ left and step left to side (9:00)

## **RIGHT TWINKLE, TWINKLE ½ TURN LEFT**

1-2-3      Cross right over left, step left to side, step right to side  
4-5-6      Cross left over right, turn ¼ left and step right back, turn ¼ left and step left to side (3:00)

## **CROSS SIDE BEHIND, SIDE DRAG**

1-2-3      Cross right over left, step left to side, cross right behind left  
4-5-6      Step left to left (big step), slide/touch right beside left over 2 counts (3:00)

## **FULL ROLLING TURN RIGHT, CROSS ¼ TURN LEFT**

1-2-3      Turn ¼ right and step right forward, turn ½ right and step left back, turn ¼ right and step right to side  
4-5-6      Cross left over right, turn ¼ left and step right back, step left to side (12:00)

## **FULL TURN RIGHT TRAVELING FORWARD, CROSS BACK SIDE TRAVELING BACK**

1-2-3      Step right forward, turn ½ right and step left back, turn ½ right and step right forward  
4-5-6      Cross left over right, step right back, step left to side (12:00)

**Restart from here on wall 3, facing 6:00 wall**

## **CROSS BACK SIDE TRAVELING BACK, STEP, STEP ¼ LEFT**

1-2-3      Cross right over left, step left back, step right to side  
4-5-6      Step left forward, step right forward, turn ¼ left (weight to left, 9:00)

## **TWINKLE ½ TURN RIGHT, TWINKLE ½ TURN LEFT**

1-2-3      Cross right over left, turn ¼ right and step left back, turn ¼ right and step right to side  
4-5-6      Cross left over right, turn ¼ left and step right back, turn ¼ left and step left to side (9:00)

## **RIGHT CROSS ROCK SIDE, LEFT CROSS ROCK SIDE**

1-2-3      Rock right over left, recover to left, step right to side  
4-5-6      Rock left over right, recover to right, step left to side (9:00)

## **RIGHT FORWARD ROCK RECOVER STEP BACK, TRAVELING BACK ½ TURN LEFT ½ TURN LEFT WITH SWEEP**

1-2-3      Rock right forward, recover to left, step right back  
4-5-6      Turn ½ left and step left forward, turn ½ left and rondé right from back to side and touch right beside left (9:00)

**REPEAT**

**RESTART**

**During wall 3, dance up to and including count 30. Begin again facing 6:00**

