

Better In Time

COPPER **NOB**
BY STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Terry Pournelle (USA) - 2008
音樂: Better In Time - Leona Lewis



Intro: 32 count intro

Special thanks to my daughter Amanda for suggesting the music and to my sister-in-law Beverly for being my dancin' feet while I couldn't dance and to all The Carolina Girls for all their support during my long recovery with my foot surgery.

Step Side, Rock, Recover, Step Forward & 1/2 Turn, Step Forward, Step Together, Step Side, Rock Recover, Step, Step Right, Step Left, Turn ¼ Turn Step Right

1 2& Step right to right side, rock left back, recover on right
3 Step left forward and turn ½ turn (6:00)
4&5 Step right forward, step left beside right, step right out to right side
6&7 Rock left back, recover on right, step on left
8&1 Step right to right, step left beside right, turning ¼ turn step right (9:00)

Step Left & Tur N 1/2 Turn, Step Right, Rock, Recover, Step, Sway, Sway, Step, Step, Step Side

2&3 Step left while making ½ turn, step right, step left (3:00)
4&5 Rock forward on right, recover on left, step right beside left
6 7 Step left slightly out to left and sway hips left and right
8&1 Step left to left, step right beside left, step left out to left side

Rock, Recover, Step Side, Sailor 1/4 Turn Right, Behind, Step, Step, Sway

2&3 Rock right back, recover on left, step right to right side
4&5 Step left behind right, making a ¼ turn right step right, step left beside right (6:00)
6&7 Step right behind left, step left in place, step right beside left
8 Step left slightly out to left and sway hips left

Sway, Step Lock Step Back, Sweep, Sweep, Sweep, Step, Together, Step Forward

1 Step right slightly out to right and sway hips right
2&3 Step left back, lock right over left, step left back
4 Sweep right out to right side and around behind placing weight on right
5 Sweep left out to left side and around behind placing weight on left
6 Sweep right out to right side and around behind placing weight on right
7&8 Step left forward, step right beside left, step left forward

Repeat