

Better Be Good To Me

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - July 2008
音樂: Save The Lies - Gabrielle Cilmi : (CD: Lessons To Be Learned)



Start on verse vocals

(1-8) Syncopated R & L side rocks, ¼ L toaster step*, R fwd, L hitch

1-2& Rock R side, recover weight on L, step R together
3-4 Rock L side, recover weight on R
5&6 Turning ¼ left step L back, step R together, step L forward
7-8 Step R forward, hitch L knee up (9 o'clock)

(9-16) L side rock recover cross, ½ L hinge turn, R cross shuffle, L side, R hitch

1&2 Rock L side, recover weight on R, cross step L over R
3-4 Turning ¼ left step R back, turning ¼ left step L side
5&6 Cross step R over L, step L side, cross step R over L
7-8 Step L side, hitch R knee up (3 o'clock)

(17-24) R side rock recover cross, L side rock & recover, ¼ L toaster, R fwd, L side point

1&2 Rock R side, recover weight on L, cross step R over L
3-4 Rock L side, recover weight on R
5&6 Turning ¼ L step L back, step R together, step L forward
7-8 Step R forward, point L to left side (12 o'clock)

(25-32) L fwd kick, L together, R toes back, ½ right turn, L fwd, ¼ R pivot turn, L cross step, R side rock recover cross

1&2 Kick L forward, step L together, touch R toes back
3-6 Turning ½ right step R heel down, step L forward, pivot ¼ right, cross step L over R
7&8 Rock R side, recover weight on L, cross step R over L (9 o'clock)

(33-40) L & R side switches into R ball cross hold, R ball cross side, ¼ L & L side, R cross step

1&2 Touch L toes to left side, step L together, touch R toes to right side
&3-4 Step R back, cross step L over R, hold
&5-6 Step R side, cross step L over R, step R side
7-8 Turning ¼ left step L side, cross step R over L (6 o'clock)

(41-48) L side, hold, R together, L side, R touch together, R diagonal kick, R sailor step, L fwd

1-2& Step L side, hold, step R together
3-5 Step L side, touch R together, kick R on right diagonal
6&7-8 Step R back, step L side, step R slightly forward, step L forward (6 o'clock)

RESTART: DURING the 2nd wall of the dance, RESTART here (you will be facing the front wall at this point)

(49-56) R side with hip bumps R/L/R, ¼ L & L side, ¼ L & R side, ¼ L with hip bumps L/R/L, R cross R recover

1&2 Stepping R to right side bumping hips R, L, R (weight ends on R)
3-4 Turning ¼ left step L side, turning ¼ left step R side
5&6 Turning ¼ left step L to left side bumping hips L, R, L (weight ends on L)
7-8 Cross rock R over L, recover weight on L (9 o'clock)

Note: (If you don't want to do hip bumps on counts 1&2 – 5&6 you can do toe struts instead)

(57-64) R ball cross hold, R syncopated vine, ¼ right, L fwd, ½ right pivot turn, L fwd

&1-2 Step R back, cross step L over R, hold
&3&4 Step R side, cross step L behind R, step R side, cross step L over R
5-8 Turning $\frac{1}{4}$ right step R forward, step L forward, pivot $\frac{1}{2}$ right, step L forward (6 o'clock)

Notation - * $\frac{1}{4}$ turning coaster step
