

# Love Is Better

**COPPER** KNOB  
STEPSHEETS

拍數: 56      牆數: 4      級數: Intermediate  
編舞者: Angela Rushing (USA) - August 2008  
音樂: Knock On Wood - Amii Stewart



**Dance Starts: 87 count intro (start on the words "I don't want") (fast Dance)**

## **Forward Diagonal Locks (R-L), Backward Diagonal Slide 4x**

- 1-2      Step Right foot diagonally forward, lock Left foot behind Right, step forward Right (with clapping)
- 3-4      Step Left foot diagonally forward, lock Right foot behind Left, step forward Left (with clapping)
- 5-6      Slide back Right foot diagonal, slide Left foot diagonal
- 7-8      Repeat 5&6

## **Out, Out, Kick 2x, Jump, Hold 2x**

- 1 &      Touch right toe to right, step right next to left
- 2 &      Touch left toe to left side, step left next to right
- 3-4      Kick Right foot forward twice
- 5-6      Jump both feet to the right side, and hold
- 7-8      Repeat 5&6

## **Forward Rock, Recover, Back, Recover, Shuffle, ½ Turn**

- 1-2      Rock Left foot forward, recover weight onto Right
- 3-4      Rock back left foot, recover weight onto Right
- 5-6      Shuffle Left foot forward- left, right, left
- 7-8      Step Right foot forward, making ½ turn to the left

## **Side Rock, Recover 4x (R-L), Kick Ball Change 2x**

- 1-2      Rock Right foot to side, recover onto Left
- 3-4      Repeat 1&2
- 5-6      Kick right foot forward, rock back onto right with ball of right foot, recover weight on left
- 7-8      Repeat 5&6

## **¼ Turn, Walk Back 4x, Rock Back, Recover**

- 1-2      Step Right foot forward (6:00), making ¼ turn to the left (3:00)
- 3-6      Walk Right foot backward – right, left, right, left
- 7-8      Rock back right foot, recover weight onto left

## **Shuffle Forward, Shuffle Back (R-L)**

- 1-2      Shuffle Right foot forward – right, left, right
- 3-4      Shuffle Left foot forward – left, right, left
- 5-6      Shuffle back Right foot – right, left, right
- 7-8      Shuffle back Left foot – left, right, left

## **KNEE POPS (Fast)**

- 1-2      Step right in place, pop knee forward, and backwards, raising and lowering heel back to the floor
- 3-4      Step left in place, pop knee forward, and backwards, raising and lowering heel back to the floor
- 5-8      Repeat 1-4

**Repeat 1-56 counts Enjoy dancing and have fun!**

