

You Just Get Better

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Improver
編舞者: Roz Chaplin (UK) - March 2014
音樂: You Just Get Better All The Time - James House : (CD: Hard Times To Be A Honest Man)



16 Count Intro Start on word TIME

SIDE, BACK, ROCK, SIDE, BACK, ROCK, SWAY LEFT, RIGHT, LEFT, RUN FORWARD RIGHT, LEFT, ROCK FORWARD

1-2& Step left to left side, cross rock right behind left, recover onto left
3-4& Step right to right side, cross rock left behind right, recover onto right
5-7 Stepping left to left sway hips left, right, left
8&1 Walk forward right, left, rock forward on right,

RECOVER, ROCK BACK, CROSS, SIDE, CROSS SHUFFLE

2& Recover onto left, step right beside left
3-4& Rock back on left, recover onto right, step left beside right
5-6 Cross right over left, step left to left side
7&8 Cross right over left, step left to left side, cross right over left

LEFT SIDE, ROCK, RIGHT SIDE ROCK, STEP, LOCK, STEP, LOCK, STEP

1-2& Rock left to left side, recover onto right, step left beside right
3-4& Rock right to right side, recover onto left, step right beside left
5-6 Step forward on left, lock right behind left
7&8 Step forward on left, lock right behind left, step forward on left

MODIFIED MAMBO STEPS, EXTENDED CROSSING SHUFFLE, UNWIND ½ TURN

1&2 Step right beside left, rock back on left, recover onto right
3&4 Step left beside right, rock back on right, recover onto left
5& Cross right over left, step left to left side
6& Cross right over left, step left to left side