

# Better Days

**COPPER KNOB**  
STEPPERS

拍數: 80                      牆數: 2                      級數: Phrased Low Intermediate  
編舞者: BM Leong (MY) - June 2014  
音樂: Shun Shun Guo Re Zhi - Li Xiao Zhen



SOD: ABC/ABCC/ABB

Intro: 48 counts.

( Jiu Huan Ru Meng by Hacken Lee 李克勤 - 旧欢如梦 can also be used  
but the sequence of dance is ABCC/ABCC/ABB )

**(A) - 32 counts**

**SIDE, TOGETHER, SIDE, TOUCH, SIDE, TOUCH, SIDE, TOUCH**

1-2                      Step R to right side, step L together

3-4                      Step R to right side, touch L together

**( Do 2 small ccw circular movements with both palms )**

5-6                      Step L to left side, cross-touch R behind L

7-8                      Step R to right side, cross-touch L behind R

**( Push both hands forward and pull both elbows back )**

**SIDE, TOGETHER, SIDE, TOUCH, SIDE, TOUCH, SIDE, TOUCH**

1-8                      Do a mirror of above 8 counts starting with L

**FORWARD ROCK, TRIPLE 1/2 TURN RIGHT, FORWARD ROCK, COASTER STEP**

1-2                      Rock R forward, recover onto L

3&4                      Triple 1/2 turn right on RLR

5-6                      Rock L forward, recover onto R

7&8                      Coaster step on LRL

**POINT, TOGETHER, POINT, TOGETHER, JAZZ BOX**

1-2                      Point R to right side raising left hand, step R together

3-4                      Point L to left side raising right hand, step L together

5-6                      Cross R over L, step L back

7-8                      Step R to right side, step L together

**(B) - 32 counts**

**FORWARD, HOLD, CROSS, HOLD, BACK, HOLD, SIDE, HOLD**

1-2                      Step R forward, hold

3-4                      Cross L over R, hold

5-6                      Step R back, hold

7-8                      Step L to left side, hold

**RIGHT LINDY, MONTEREY 1/2 TURN LEFT**

1&2                      Cha cha to right side on RLR

3-4                      Cross L behind R, recover onto R

5-8                      Monterey 1/2 turn left on LLRR

**FORWARD, HOLD, CROSS, HOLD, BACK, HOLD, SIDE, HOLD**

1-2                      Step L forward, hold

3-4                      Cross R over L, hold

5-6                      Step L back, hold

7-8                      Step R to right side, hold

**LEFT LINDY, MONTEREY 1/2 TURN RIGHT**

1&2 Cha cha to left side on LRL  
3-4 Cross R behind L, recover onto L  
5-8 Monterey 1/2 turn right on RRL

**( C ) - 16 counts**

**ROCKING CHAIR 1/4 TURN RIGHT, RIGHT & LEFT DIAGONAL FORWARD CHA CHA**

1-2 Rock R forward, recover onto L  
3-4 Turning 1/4 right step R back, recover onto L  
5&6 Right diagonal forward cha cha on RLR with fist rolls  
7&8 Left diagonal forward cha cha on LRL with fist rolls

**ROCKING CHAIR 1/4 TURN RIGHT, RIGHT & LEFT DIAGONAL FORWARD CHA CHA**

1-2 Rock R forward, recover onto L  
3-4 Turning 1/4 right step R back, recover onto L  
5&6 Right diagonal forward cha cha on RLR with fist rolls  
7&8 Left diagonal forward cha cha on LRL with fist rolls

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