

Better Off

COPPER KNOB
STEPSHEETS

拍数: 54 墙数: 2 级数: Intermediate waltz
编舞者: Paul Reese (USA) & Linda Reese (USA) - November 2014
音乐: Better Off Alone - Katharine McPhee



Intro: 46 ct - She starts singing right away with piano music in background but wait for the main music to kick in stronger about 22 seconds into song

Section 1: Step L forward (stride), R forward, pivot ½ turn L, Weave L

1-3 Step left forward, step right forward, pivot ½ right angled slightly to 5:30
4-6 Cross right over left, step left to left side, step right behind left (6:00)

Section 2: Big step L, drag R towards L pointing R toe ¼ R, step R down finishing ¼ turn, step L forward, pivot ¼ R

1-3 Step left a big step to left side, (2) drag right in towards left (3) point right toe ¼ to right
4-6 Step down on right (finishing the ¼ turn), step left slightly forward, pivot ¼ right (12:00)

Section 3: Cross, Sweep for 2 counts, Repeat With R

1-3 Cross left over right, sweep right around to front for 2 counts
4-6 Cross right over left, sweep left around to front for 2 counts

Section 4: ¼ Twinkle, twinkle

1-3 Cross left over right, turn ¼ left stepping on right, step left together (9:00)
4-6 Cross right over left, step left to left side, step right together (traveling forward)

***To make dance more of a challenge counts 4-6 can be changed to a full turn right**

4-6 Step right forward to right diagonal prepping for ½ turn right, step left back finishing ½ turn right, step right forward ½ turn right

Section 5: Step, Hitch, Kick, Step Back, Drag

1-3 Step left forward, hitch right, kick right slightly forward
4-6 Step right back angled right, drag left next to right over 2 counts

Restart on wall 3 replacing first 3 counts with ¼ turn left

Section 6: ½ Turn L, ½ turn L

1-3 Step left forward straightening on 9:00 wall, step right back ¼ turn left, step left ¼ turn left
4-6 Step right back ¼ turn left, step left forward ¼ turn left, step right slightly forward (9:00)

Section 7: Reverse twinkle moving back, reverse twinkle moving back

1-3 Step left back behind right, step right back to right side, step left to L side
4-6 Step right back behind left, step left back to left side, step right to R side

Section 8: Sweep 1/2 L, R 1/4 turn twinkle

1-3 Step forward on left, make 1/2 turn left bringing right close to ankle sweeping toe across floor (weight stays on left) (3:00)
4-6 Cross right over left, step left back 1/4 turn right, step right to right side (6:00)

Section 9: Step Forward, Forward Rock, Recover, Step Back, Drag

1-3 Step left forward, rock forward on right, recover on left
4-6 Step right back, drag left next to right over 2 counts (6:00)

Begin Again

Restart on wall 3. After Section 5 (you will be facing 9:00 wall) Restart dance with Section 1 replacing the ½ turn (1-3) with a ¼ turn left to 6:00 wall Step left forward, step right forward, pivot ¼ turn left angled slightly left - then continue with weave left (4-6)

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