

# Better by Myself

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Easy Intermediate  
编舞者: Guy Dubé (CAN) & Nancy Milot (CAN) - November 2024  
音乐: Better By Myself - Jamie Miller



**Intro: 2 counts and you start the dance on the words WOKE UP.**

**[1-8] 2X (WALK FWD), MAMBO STEPS FWD, CROSS-LOCK-BACK, SAILOR STEP in 1/4 TURN R**

- 1-2      Walk forward with RL
- 3&4      Rock forward on R, recover on L, step R lightly back
- 5&6      Cross step L behind R, lock step R over L, step L back
- 7&8      Cross step R behind L, 1/4 turn to right and step L on place, step R forward (3:00)

**[9-16] GIANT STEP to L in 1/8 TURN to R, SAILOR STEP, STEP FWD. SYNCOPATED ROCKING CHAIR, STEP BACK in 1/8 TURN R, STEP TOGETHER**

- 1      Giant step L to left in 1/8 turn to right (4:30)
- 2&3      Cross step R behind L, step L on place, step R to right
- 4      Step L forward
- 5&      Rock forward on R, recover on L
- 6&      Recover on R, recover on L
- 7-8      Step R back in 1/8 turn to right, step L together R (6:00)

**Restart 1 At the 2nd repetition (9:00) after the first 16 counts, restart the dance from the beginning (3:00).**

**Restart 2 At the 5th repetition (9:00) after the first 16 counts, restart the dance from the beginning (3:00).**

**[17-24] OUT, ROCK SIDE, RECOVER, TOGETHER, 1/4 TURN R and STEP FWD, ROCK STEP, RECOVER, SHUFFLE FWD in 1/2 TURN L**

- 1      Step R forward out to exterior to right side
- 2-3      Rock forward on L to left side, recover on R
- &4      Step L together R, 1/4 turn to right and step R forward (9:00)
- 5-6      Rock forward on L, recover on R
- 7&8      Shuffle in 1/2 turn to left with LRL (3:00)

**[25-32] 1/4 TURN L and STEP SIDE, TOUCH TOGETHER with SNAP, SHUFFLE FWD in 1/4 TURN L, CROSS SAMBA to L, CROSS SAMBA to R**

- 1      1/4 turn to left and step R to right side (12:00)
- 2      Touch L together R while snapping fingers with your R hand and looking toward the right side
- 3&4      1/4 turn to left and shuffle forward with LRL (9:00)
- 5&6      Cross step R over L, rock on L to left side, recover on R
- 7&8      Cross step L over R, rock on R to right side, recover on L

**Tag: After 3 repetitions of the dance (12:00) add these 4 counts tag:**

- 1-4      Step R forward out to exterior to right side while clapping both hands together, Step L forward out to exterior to left side while clapping both hands together, Step R back return to center while clapping both hands together, Step L back return to center while clapping both hands together

**ENJOY AND HAVE FUN!**  
**GUY & NANCY**

**Last Update: 5 Nov 2024**