

Better Me For You

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Nathan Gardiner (SCO) - February 2025
音乐: Better Me For You (Brown Eyes) - Max McNown



Intro: 8 counts approx 6 secs into track

Step Back, Rock Back, Recover, Step Forward, Cross, Side L, Back, Behind, Side R, Cross Rock, Recover, Side Rock, Recover

1 Step back on R
2&3 Rock back on L, Recover on L, Step forward on L sweeping R from back to front
4&5 Cross R over L, Step L to L side, Step back on R sweeping L from front to back
6& Step L slightly behind R, Step R to R side
7&8& Cross rock L over R, Recover on R, Rock out to L side, Recover on R

Step Back with Sweep, Step Back with Sweep, Coaster Step, R Lock Step, Step Pivot ¼ R Cross

1-2 Step back on L sweeping R from front to back, Step back on R sweeping L from front to back
3&4 Step L behind R, Step R to R side, Cross L over R
5&6 Step forward on R, Lock R behind L, Step forward on R
7&8 Step forward on L, Pivot ¼ R, Cross L over R

¼ L, ¼ L, Cross, ¼ R, ¼ R, Cross, Step, Touch, Back, Kick, Behind Side Cross, Touch

1&2 ¼ L stepping back on R, ¼ L stepping L to L side, Cross R over L
3&4 ¼ R stepping back on L, ¼ R stepping R to R side, Cross L over R
5&6 Step forward on R diagonal, Touch L next to R, Step back on L, Kick R forward
7&8 Step R behind L, Step L to L side, Cross R over L, Touch L next to R

Side L, Rock Back, Recover, Side R, Rock Back, Recover, Sway L, Sway R, ¾ L, Step Back, Together

1-2& Step L to L side, Rock back on R, Recover on L
3-4& Step R to R side, Rock back on L, Recover on R
5-6 Step L to L side swaying to L side, Sway to R side
7-8& ¼ L stepping forward on L keep turning ½ L on ball of L foot hitching R knee slightly, Step back on R, Step L next to R

(Easy option counts 7-8&) ¼ R stepping back on L, Step R next to L, Step back on L

Tag: End of wall 1

Step Back with Sweep, Step Back, with Sweep, Reverse Rocking Chair

1-2 Step back on R sweeping L from front to back, Step back on L sweeping R from front to back
3&4& Rock back on R, Recover on L, Rock forward on R, Recover on L

Tag: End of wall 2

Step Back, Rock Back, Recover, Step Forward, Mambo ½ R, Mambo ½ L, Rock Forward, Recover

1 Step back on R
2&3 Rock back on L, Recover on R, Step forward on L
4&5 Rock forward on R, Recover on L, ½ R stepping forward on R
6&7 Rock forward on L, Recover on R, ½ L stepping forward on L
8& Rock forward on R, Recover on L

Tag: End of wall 5

Reverse Rocking Chair

1&2& Rock back on R, Recover on L, Rock forward on R, Recover on L

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