

Better Shape Up

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Bud Wenger (USA) & Sharon Wenger
音乐: You're the One That I Want - John Travolta & Olivia Newton-John



Intro:16 count
8 count tag on wall 3

STEP RIGHT TO RIGHT, TOUCH LEFT, FORWARD LEFT, TOUCH RIGHT, CROSS RIGHT OVER LEFT, RIGHT COASTER STEPS

- 1 Step right to right side
- 2 Touch left next to right
- 3 Step left forward
- 4 Touch right next to left
- 5 Cross right over left
- 6 Step left back
- 7 Step right back
- & Close left next to right
- 8 Step right forward

MIRROR FIRST 8 COUNTS TO LEFT

- 9 Step left to left side
- 10 Touch right next to left
- 11 Step right forward
- 12 Touch left next to right
- 13 Cross left over right
- 14 Step right back
- 15 Step left back
- & Close right next to left
- 16 Step left forward

RIGHT FORWARD TUCK STEPS, BRUSH LEFT, CROSS LEFT OVER RIGHT, BACK RIGHT, LEFT SAILOR SHUFFLE

- 17 Step right forward
- 18 Tuck left behind right
- 19 Step right forward
- 20 Brush left forward
- 21 Cross left over right
- 22 Step right back
- 23 Step left behind right
- & Close right next to left
- 24 Step left to left

RIGHT CROSS OVER STEPS, RIGHT COASTER WITH ¼ RIGHT TURN, STOMP LEFT, ROMP STEP, STOMP RIGHT FORWARD, HEEL SWIVELS, HITCH RIGHT KNEE

- 25 Cross right over left
- 26 Close left next to right
- 27 Step right back
- & Step left next to right
- 28 Turning ¼ to right step forward on right
- 29 Stomp left beside right
- & Rock back on heels fan toes apart

30 Bring toes down and together
31 Stomp right in front of left
& Swivel heels apart from each other (pivoting on the balls of both feet)
32 Swivel heels back to center
& Hitch right knee

REPEAT

8 Count Tag. Complete 32 count dance three times (now facing 3rd wall, add two vines only once)

1-4 Vine right touch left

5-8 Vine left with touch right

Continue dance as choreographed

Last Update: 19 Jun 2025
