

Better Days

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 2 级数: Phrased Low Intermediate
编舞者: BM Leong (MY) - June 2014
音乐: 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 RRLL

(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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