

# You Deserve Better

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Advanced  
編舞者: Fred Whitehouse (IRE) - August 2018  
音樂: You Deserve Better - James Arthur : (3:27)



Intro – 40 Counts from start of track (approx: 24 Seconds)

**[1-8] Step Sweep, Cross, Step Side, Heel Ball Step, ½ Turn Twist & Look, Touch x2**

- 1,2&      Step RF forward sweeping LF from back to front, Step LF over R, step RF to R side
- 3&4      Touch L heel to L diagonal, close LF next to R, step RF forward
- 5,6&      Swivel both heels R making ½ turn L looking back over shoulder, recover heels back to center placing weight on LF, step RF back to R diagonal
- 7&8      Touch LF next to R, step LF back to L diagonal, touch RF next to L

**[9-16] Push Step x2, Step, Out, Out, Swivel, Swivel Rise, Drop, Heel, Ball Step**

- &1&2      Rock RF back diagonal, recover weight on to L, rock RF back diagonal, recover weight on to L (Push step, use the ball of the RF to Rock back)
- 3&4      Step RF forward diagonal, step LF to L side, step RF to R side squaring up to 12.00
- &5,6      Swivel both heels R, swivel toes R and rise up on ball of feet facing diagonal, recover weight on LF (1.30)
- 7&8      Touch R heel forward, close RF next to L, step LF forward

**[17-24] Sweep x2, Sailor ½ Turn R, Rock, Recover & Hitch, Weave**

- 1,2      Step RF back sweeping LF from front to back, step LF back sweeping RF from front to back
- 3&4      Step RF behind L, ¼ turn R stepping LF to L side, ¼ turn R stepping RF forward
- 5,6      Rock LF forward, recover on R hitching L knee
- 7&8      Step LF behind R, 1/8 turn R stepping RF to R side, cross LF over R

**[25-32] ¾ Box Turn, Ball Step, Slide Feet Apart, Drag Feet Back Together Making ¾ Turn L, Place Weight On LF**

- 1,2      Step RF to R side, ¼ turn L stepping LF to L side,
- 3,4      ¼ turn L stepping RF to R side, ¼ turn L stepping LF to L side (Styling: Pop Knees out on every ¼ Turn)
- &5,6      Close RF next to L, step LF to L side, twist both heels & body ¼ turn R (Push feet further apart if possible)
- 7,8      Make ¾ Turn L pulling LF towards RF (Pull feet back together making ¾ turn) place weight on L

(Restart Here During Wall 4)

**[33-40] Walk R,L, Rock & Cross, ¼ Turn R x2, Rock, ¼ Turn R, Cross**

- 1,2      Step RF forward, step LF forward
- 3&4      Rock RF to R side, cross RF over L
- 5,6      ¼ turn R stepping LF back, ¼ turn R stepping RF forward
- 7&8      Rock LF forward, ¼ turn R stepping RF to R side, cross LF over R

**[41-48] Heel Switches x2, Double Heel Switch R, Sailor ¼ Turn R, Triple Full Turn L**

- 1&2&      Touch R heel to R diagonal as you swivel L heel in, close RF next to L, touch L heel to L diagonal as you swivel R heel in, close LF next to R (option: Touch R to R side, close R next to L, touch L to L side, close L next to R)
- 3&4      Touch R heel to R diagonal as you swivel L heel in, touch RF next to L, touch R heel to R diagonal as you swivel L heel in (option: Touch R to R side, touch R next to L, touch R to R side)
- 5&6      Step RF behind L, step RF to R side, ¼ turn R stepping RF forward

7&8                    Make full turn L stepping L,R,L (triple full turn, weight ending on LF)

**[49-56] Camel Walks x4, Rock & Cross x2, Point RF to R Side**

1,2                    1/8 turn L stepping RF forward pop L knee, 1/8 turn L stepping LF forward pop R knee  
3,4                    1/8 turn L stepping RF forward pop L knee, 1/8 turn L stepping LF forward pop R knee facing  
                         12.00 (on all pops, tap both hands on hips to hit the beat)  
5&6                    Rock RF to R side, recover on to L, cross RF over L  
&7                    Rock LF to L side, recover on to R,  
&8                    Cross LF over R, point RF to R side

**[57-64] ½ Turn L x2 (moon walk glides) & Lock, ½ Turn L Unwind, Walk R,L**

1,2                    Step RF forward pushing LF back, ½ turn L placing weight on LF  
3,4                    Step RF forward pushing LF back, ½ turn L placing weight on LF (1/2 turn moon walk glides)  
&5,6                   Step RF forward, touch LF behind R, unwind ½ turn L placing weight on L  
7,8                    Step RF forward, step LF forward

**Happy Dancing.**

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