

# Better Be Ready

**COPPERKNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Petra Van de Velde (BEL) - May 2025  
音樂: Better Be Ready - Barbara Dex



Intro: 32 counts

## R LOCK STEP FORWARD, R SHUFFLE FORWARD, L LOCK STEP FORWARD, L SHUFFLE FORWARD

- 1 RF step forward
- 2 LF lock behind RF
- 3 RF step forward
- & LF cross behind RF
- 4 RF step forward
- 5 LF step forward
- 6 RF lock behind LF
- 7 LF step forward
- & RF cross behind LF
- 8 LF step forward

## SYNCPATED ROCK STEPS R AND L, SIDE STEP , CROSS IN FRONT, ROCK STEP ¼ TURN R

- 9 RF cross rock over LF
- 10 LF recover weight
- & RF step next to LF
- 11 LF cross rock over RF
- 12 RF recover weight
- 13 LF step to the left side
- 14 RF cross behind LF
- 15 LF rock left side
- 16 RF ¼ turn right, step forward

## L ROCK STEP, SHUFFLE ½ TURN LEFT, R ROCK STEP, ½ TURN RIGHT, STEP FORWARD, ½TURN RIGHT, STEP BACK

- 17 LF rock forward
- 18 RF recover
- 19 LF ¼ turn left, step to the left side
- & RF step next to LF
- 20 LF ¼ turn left, step forward
- 21 RF rock forward
- 22 LF recover
- 23 RF ½ turn right, step forward
- 24 LF ½ turn right , step back

\*\*\* restarts!

## STEP BACKWARDS, CROSS OVER, STEP BACKWARDS, STEP BACKWARDS, CROSS OVER, STEP BACK, ROCK STEP BACK

- 25 RF step back
- 26 LF cross over RF
- 27 RF step back
- 28 LF step back
- 29 RF cross over LF
- 30 LF step back
- 31 RF rock backwards

**\*\*\* Restart:**

In wall 5 and 9, after count 24 (half turns)

Step after the turns forward to restart the dance.

**Tag**

After wall 3 and 7

- 1 RF step forward
- 2 LF  $\frac{1}{4}$  turn left, touch next to LF
- 3 LF  $\frac{1}{4}$  turn left, step forward
- 4 RF scuff forward
- 5 RF step forward
- 6 LF  $\frac{1}{4}$  turn left, touch next to RF
- 7 LF  $\frac{1}{4}$  turn left, step forward
- 8 RF scuff forward

'smile'! ☺

---