

A Better Me

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Pre-intermediate
編舞者: Anna Aliperti (IT), Big Andrea Gragnaniello (IT) & Fabio Terzoni (IT) - June 2025
音樂: Better Me For You (Brown Eyes) - Max McNown



8 counts intro, start dancing on lyrics

SCISSOR CROSS R+L, STEP R, TOE TOUCH L, STEP L, KICK R, STEP-LOCK-STEP R, STOMP UP

- 1&2 Step right to right side, step left beside left, cross right on left
- 3&4 Step left to left side, step right beside left, cross left on right
- 5& Step right forward, touch left toe back
- 6& Step left back, kick right forward
- 7&8& Step right back, lock left over right, step right back, stomp up left beside right

* Restart at 3rd wall: replace Stomp up right with Step left beside right

MODIFIED RUMBA BOX; ROCK STEP L, ½ TURN L, 2x TOE STRUT ½ TURN L

- 1&2 Step left to left, step right next to left, left step forward
- 3&4 Step right to right, step left beside right, right step forward
- 5& Step left forward, recover on right
- 6 Turn ½ left and step left forward
- 7& Turn ½ left and toe touch right forward, drop right heel
- 8& Turn ½ left and toe touch left forward, drop left heel

2x JUMPING CROSS ROCK R, JUMPING JAZZ BOX L, ¼ TURN L & STEP R TO R, STOMP UP L, ¼ TURN L & STEP L FORWARD, STOMP UP R, ROCK BACK R, 2x STOMP R

- 1&2& (jumping) cross right over left, recover on right and kick left forward, cross right over left, recover on right and kick left forward
- 3&4& (jumping) Step right to right and kick left forward, cross left over right, step right back and kick left forward, step left to left
- 5&6& ¼ turn left and step right to right, stomp up left beside right, ¼ turn left and step left forward, stomp up right beside left
- 7& Jumping rock back on right and left kick forward, recover on the left
- 8& Stomp up right beside left, stomp right forward

STOMP L, GRAPEVINE R, STEP PIVOT ¼ TURN L, STEP R, 2x STEP PIVOT ½ TURN R, STEP L, STOMP UP R

- 1 Stomp left to left
- 2&3& Step right to right, cross left behind right, step right to right, cross left over right
- 4&5 Step right to right, turn ¼ left (weight on left), step right forward
- 6&7& Step left forward, turn ½ right (weight on right), step left forward, turn ½ right (weight on right)
- 8& Step left forward, stomp up right beside left

TAG 1 - 4 counts At the end of 1st wall, replace Stomp up with Stomp HIP BUMP R HIP BUMP L, HIP BUMP R, HIP BUMP L

- 1 Bump hips to right
- 2 Bump hips to left
- 3 Bump hips to right
- 4 Bump hips to left

TAG 2 - 2 counts At the end of 5th wall, replace Stomp up with Stomp HIP BUMP R, HIP BUMP L

- 1 Bump hips to right
- 2 Bump hips to left

