

# Better In Time

**COPPER KNOB**  
BY STEPHEN METZ

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Elaine Tunnicliffe (UK) - March 2008  
音樂: Better In Time - Leona Lewis



(32 count intro)

## Step Right, Back Rock, Step Left, Back Rock, Step Behind Turn, Left Lock Step

1 2 &      Step right to right side, rock back on left, recover on right  
3 4 &      Step left to left side, rock back on right, recover on left  
5 & 6      Step right to right side, cross left behind right, ¼ turn to right on right  
7 & 8      Step forward on left, lock right behind left, step forward on left

## Right Mambo Step, Back Lock Step, Sweep Right, Sweep Left, Right Coaster Step

1 & 2      Rock forward on right, recover on left, step back on right  
3 & 4      Step back on left, lock right in front of left, step back on left  
5 – 6      Sweep right and step back, sweep left and step back  
7 & 8      Step back on right, close left to right, step forward on right

## Side Rock and Cross, Side Rock and Cross, Step Behind Turn, ½ Pivot and Step

1 & 2      Rock left to left side, recover on right, cross left in front of right  
3 & 4      Rock right to right side, recover on left, cross right in front of left  
5 & 6      Step left to left side, cross right behind left, ¼ turn to left on left  
7 & 8      Step forward on right, pivot ½ turn to left, step forward on right

## Full Triple Right, Full Triple Left, Forward Mambo Step, Drag Right and Left

1 & 2      Turn full triple right on left, right, left  
3 & 4      Turn full triple left on right, left, right  
5 & 6      Rock forward on left, recover on right, step back on left  
7 – 8      Drag back on right, drag back on left

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