

# A Better Day

**COPPER** **KNOB**  
BY THE POSTAL SERVICE

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** José Miguel Belloque Vane (NL) & Mary Bee Friedrich (DE) - 16 July 2022

**Music:** Kernkraft 400 (A Better Day) - Topic & A7S



**Intro:** 16 - start dancing with weight on L

**Motion:** Novelty / Electro House

**Tag:** 4 C // Wall 5

**Note:** it's just a modern line dance to have fun to dance :-)

**RF >** right foot / **LF >** left foot / **fwd >** forward / **bwd >** back behind

## **Section 1 [1 - 8] Step,Touch,Back,Hook,Shuffle, Rock, Recover**

- 1 - 2 RF step fwd., LF touch behind RF 12:00
- 3 - 4 LF step back, RF hook in front of LF 12:00
- 5 & 6 RF step fwd., LF close to RF, RF step fwd., 12:00
- 7 - 8 LF rock fwd., RF recover on weight 09:00

## **Section 2 [9 - 16] ¼ Turn L, Hold, Ball Chasse, Cross Rock, Side Rock**

- 1 - 2 LF ¼ turn to left, hold 09:00
- &3 &4 RF ball step to left, LF step to left, RF ball step to left, LF step to left 09:00
- 5 - 6 RF crossover LF, LF recover on weight 09:00
- 7 - 8 RF step to right. LF recover on weight 09:00

## **Section 3 [17 - 24] Back Rock, Shuffle Turn, Rock Back, Kick Ball Step**

- 1 - 2 RF rock back, LF recover on weight, 09:00
- 3 &4 RF step ¼ turn to left, LF close to RF, RF ¼ step back 03:00
- 5 - 6 LF rock back, RF recover on weight 03:00
- 7 &8 LF kick fwd., RF ball step (weight only on ball), LF step fwd. 03:00

## **Section 4 [25 - 32] Step, Hold, Ball Step, Scuff, Jazz Box**

- 1 - 2 LF step fwd., hold (full weight on LF) 03:00
- &3 - 4 RF ball step (weight only on ball) LF step fwd., RF scuff fwd., 03:00
- 5 - 6 RF crossover LF, LF step back 03:00
- 7 - 8 + RF step to right side, LF step fwd., 03:00

## **Tag @ the end of wall 5 Step Touch Step Hook 03:00**

- 1 - 2 RF step fwd., LF touch behind RF 03:00
- 3 - 4 LF step back, RF hook in front of LF 03:00

**N- joy it :)**

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