## I Know Better Now



Count: 48 Wand: 2 Ebene: Intermediate

Choreograf/in: Myra Harrold (SCO) - June 2024

Musik: I Know Better Now - Kelleigh Bannen



#### **INTRO:16 COUNTS**

### SECT: 1 2 PRISSY WALKS, 1/2 CHASE TURN L, BALL FULL TURN, RUN ROUND A 3/4 ARC

1,2,3&4. RF FWD OVER LF,LF FWD OVER RF,RF FWD,PIVOT ½ L ONTO LF,RF FWD (6) &5 PIVOT ½ R,LF BACK,PIVOT ½ R RF FWD,(EASIER OPTION – BALL STEP FWD ). (6) 6&7,8&1. RUN AROUND IN A ¾ ARC TURNING RIGHT,STEPPING L,R,L THEN R,L,R (3)

### SECT:2. WEAVE R,SWEEP,WEAVE L,TURN ½ L SLOWLY

2&3,4&5. LF OVER RF,RF TO R,LF BEHIND RF,SWEEP RF,RF BEHIND LF,LF TO L,RF OVER LF. (3)

&6&7,8 LF TO L, RF BEHIND LF, LF TO L, RF OVER LF, PIVOT SLOWLY ½ L (9)

(OPTION - ON WALLS 2 & 4 DIP DOWN ON COUNT 8, RISE AS YOU UNWIND)

# SECT:3. UNWIND ½ R,SWEEP,ROCK BACK,BASIC N/C R,BASIC N/C L,BEHIND,1/4, PADDLE FULL TURN L

1,2&3,4&5 UNWIND ½ R SWEEPING RF ROUND TO ROCK BEHIND LF,RECOVER TO LF,RF BIG STEP TO R,ROCK LF BEHIND RF,RECOVER TO RF,LF BIG STEP TO L (3)

6&7,8,1. RF BEHIND LF,PIVOT ¼ L,LF FWD,PADDLE ¼ L,PADDLE ½ L,RF TO R (12)

### SECT:4. ROCK BACK, SWAY, SWAY, SWAY, 1 1/4 TURN R, L MAMBO, BACK SWEEP

2&3,4,5. ROCK LF BEHIND RF, RECOVER TO RF, SWAY L, SWAY R, SWAY L (12)

6&7,8&1. 1/4 R,RF FWD,PIVOT ½ R,LF FWD,PIVOT ½ R,RF FWD,ROCK LF FWD,RECOVER TO RF,LF BACK,SWEEP RF BACK (EASIER OPTION – REPLACE 1&1/4 TURN WITH ¼ RUN

FWD ) (3)

### SECT:5. RF BACK, SWEEP, COASTER STEP, BALL ROCK, BACK, SWEEP, BACK, SWEEP. BEHIND, SIDE, 1/4

2,3&4&5 RF BACK,SWEEP LF,LF BACK,CLOSE RF TO LF,LF FWD,BALL RF TO LF,ROCK LF FWD
(3)

6,7,8&1 RF BACK,SWEEP LF,LF BACK,SWEEP RF,RF BEHIND LF,PIVOT ¼ L,LF FWD,RF FWD. (12)

### SECT:6. PIVOT ½ L,CROSS ROCK,SIDE ROCK,BACK,SWEEP,BEHIND,SIDE, CROSS ROCK,SIDE STEP

2,3&4& PIVOT  $\frac{1}{2}$  L ONTO LF,ROCK RF OVER LF,RECOVER TO LF,ROCK RF TO R,RECOVER TO LF. (6)

### **RESTART HERE ON WALL 4**

5,6&7&8. RF BACK,SWEEP LF,LF BEHIND RF,RF TO R,ROCK LF OVER RF,RECOVER TO RF,LF TO L. (6)

1 RESTART ON WALL 4 AFTER COUNTS 4& OF SECTION 6 FACING 12 O.CLOCK TO FINISH AT THE FRONT WALL - ON THE LAST PADDLE TURNS, JUST TURN THE TWO ¼ TURNS AND STEP RF TO R DRAGGING LF TO RF