

# Better Day

Count: 64

Wall: 2

Level: Advanced

Choreographer: Hiroko Carlsson (AUS) - January 2023

Music: Kernkraft 400 (A Better Day) - Topic & A7S : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))

(8 counts intro)

## [S1] Step-Scuff Box Step, Step-Scuff Box 1/4L

- 1 2& Step forward on R, Scuff forward on L, Cross L over R
- 3 4 Step back on R, Step L to the side
- 5 6& Step forward on R, Scuff forward on L, Cross L over R
- 7 8 Make a ¼ turn left stepping back on R (9:00), Step L to the side

## [S2] Fwd Rock-1/2R Shuffle Fwd, 1/4R Back-Lock-Back, 1/4R, Cross

- 1 2 Rock forward on R, Replace weight on L making a ½ turn right (3:00)
- 3&4 Shuffle forward on R-L-R
- 5&6 Make a ¼ turn right stepping back on L (6:00), Lock/cross R over L, Step back on L
- 7 8 Make a ¼ turn right stepping R to the side (9:00), Cross L over R

## [S3] Side, Kick-Ball-Cross-Side-Kick-Ball-Cross, 1/4L, 1/4L-&-Side Rock

- 1 2& Step R to the side, Kick diagonally forward on L, Step L in place
- 3&4& Cross R over L, Step L to the side, Kick diagonally forward on R, Step R in place
- 5 6 Cross L over R, Make a ¼ turn left stepping back on R (6:00)
- 7& Make a ¼ turn left stepping L to the side (3:00), Step R next to L
- 8& Rock L to the side, Replace weight on R

## [S4] Sailor Step L-R, Touch-Unwind 1/2L, Step-Pivot 1/4L

- 1&2 Step L behind R, Step R to the side, Step L to the side
- 3&4 Step R behind L, Step L to the side, Step R to the side
- 5 6 Touch L behind R, Make a 1/2L unwind turn weight ends on L (9:00)
- 7 8 Step forward on R, Make a ¼ turn left recover weight on L (6:00)

Restart and Tag here on Wall 3 (6:00) - add V step

## [S5] Push Rock Fwd-Back-Fwd-Back-&, Push Rock Fwd-Back-Fwd-Back Rock

- 1 2 Step forward on R (rock forward on R), Replace weight on L
- 3 4& Step forward on R (rock forward on R), Replace weight on L, Step R next to L
- 5 6& Step forward on L (rock forward on L), Replace weight on R, Step forward on L (rock forward on R)
- 7 8 Replace weight on R (rock back on R), Replace weight on L

## [S6] Fwd, Step-Pivot 1/2R, 1/2R, 1/2R, 1/4R, Hold, Behind-Side-Cross Rock

- 1 2& Step forward on R, Step forward on L, Make a ½ turn right recover weight on R (12:00)
- 3 4 Make a ½ turn right stepping back on L, Make a ½ turn right stepping forward on R (12:00)
- 5 6 Make a ¼ turn right stepping L to the side (3:00), Hold
- 7&8& Step R behind L, Step L to the side, Rock/cross R over L, Replace weight on L

## [S7] Side, Hold-&, 1/4R-Samba-Cross Rock, 1/4L Shuffle Fwd, Side Rock w/Hitch

- 1 2& Step R to the side, Hold, Step L next to R
- 3&4 Make a ¼ turn right stepping forward on R (6:00), Rock L to the side, Replace weight on R
- &5 Rock/cross L over R, Replace weight on R
- 6&7 Make a ¼ turn left stepping forward on L (3:00), Step R close to L, Step forward on L

&8 Rock R to the side, Replace weight on L/hitch R knee

**[S8] 1/4L Side Rock-&, Side Rock-&, Touch Cross-Side, Sailor 1/2R Turn w/ Touch**

1 2& Make a ¼ turn left stepping (rock) R to the side (12:00), Replace weight on L, Step R together

3 4& Rock L to the side, Replace weight on R, Step L together

5 6 Touch/cross R over L, Touch R to the side

7&8 Making a ½ turn right step R behind L (6:00), Step L beside R, Touch R next to L

**Restart and Tag on Wall 3 count 32 (6:00) - add V step (4 counts tag)**

1 2 3 4 Step diagonally forward on R, Step diagonally forward on L, Return R to the centre, Return L to the centre

**Ending suggestion: The last wall starts facing 6:00. Dance up to Section 4 count 8 (12:00).**

**(updated: 4/Jan/23 [2])**

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