

Better Than Ever

拍数: 60 墙数: 2 级数: Intermediate waltz
编舞者: Maddison Glover (AUS) - February 2015
音乐: Better Than You Left Me - Mickey Guyton



S1: Cross, 1/2 Turning Twinkle, Cross, Sweep Around □

1,2,3 Cross L over R, turn ¼ L stepping back on R, turn ¼ L stepping L to L side
4,5,6 Cross R over L, Sweep L fwd/around for two counts. 6:00

S2: Cross, ¼ Back Lock, ½ Turn Basic Back

1,2,3 Cross L over R, turn ¼ L stepping back on R, Lock/ Cross L over R,
4,5,6 Step R back, make ½ turn L stepping fwd on L, step R fwd 9:00

S3: Forward Basic, Back ½ Basic

1,2,3 Step L fwd, step R together, step L together
4,5,6 Step R back, make ½ turn L stepping fwd on L, step R fwd 3:00

S4: Step Fwd, ¼ Side, Behind, ¼, Step ¼

1,2,3 Step L fwd, turn ¼ L stepping R to R, step L behind
4,5,6 Turn ¼ R stepping fwd on R, step L fwd, pivot ¼ R taking weight onto R 6:00

S5: Forward Basic, Back ½ Turning Basic

1,2,3 Turn 1/8 R whilst stepping L fwd, step R together, step L together,
4,5,6 Step R back, make ½ turn over L stepping L fwd, step R fwd (still on diagonal) 1:30

S6: Forward Basic, Back ½ Turning Basic

1,2,3 Still on diagonal – Step L fwd, step R together, step L together,
4,5,6 Step R back, make ½ turn over L stepping L fwd, step R fwd (still on diagonal) 7:30

S7: Fwd ½ Turning Basic, Back ½ Turning Basic

1,2,3 Still on diagonal – Step L fwd, make ½ turn L stepping back on R, step L back,
4,5,6 Step back on R, make ½ turn L stepping fwd on L, step R fwd 7:30

S8: 2x Slow Step Half Pivots

1,2,3 Still on diagonal- Step L fwd, pivot ½ turn right keeping weight on L foot, step down on R foot
4,5,6 Step L fwd, pivot ½ turn right keeping weight on L foot, step down on R foot 7:30

Step Fwd, Raise Leg/ Slow Kick, Coaster Step

1,2,3 Still on diagonal – Step L fwd, slowly raise R leg (like a kick for counts 2,3)
4,5,6 Step R back, step L together, step R slightly fwd □□7:30

S9: Square Up- Cross/Rock, Replace, Side x2

1,2,3 Turn 1/8 L (squaring up to the back wall) Crossing/ rocking L over R, replace weight back
onto R, step L to L side
4,5,6 Cross/ rock R over L, replace weight back onto L, step R to R side. 6:00

Restart: During the 'third sequence' start the dance facing 12:00. Dance up to count 24 and restart the dance facing 6:00.

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Latest Update – 15th April 2015

