

Basically Better

拍数: 60 墙数: 4 级数: High Beginner
编舞者: Carol Cotherman (USA) - March 2015
音乐: Better Than You Left Me - Mickey Guyton



#36-Count Intro

[1-12] Traveling Twinkles (2x), Cross, ¼ Turn, ¼ Turn, Twinkle

1 2 3 Cross right over left, step left to side, step right beside left
4 5 6 Cross left over right, step right to side, step left beside right

(These twinkles are larger steps and travel forward.)

1 2 3 Cross right over left, ¼ turn right stepping back on left, ¼ turn right stepping right to side
(This turn is done almost in place.)

4 5 6 Cross left over right, step right to side, step left beside right (6:00)

[13-24] Repeat 1-12: Traveling Twinkles (2x), Cross, ¼ Turn, ¼ Turn, Twinkle

1 2 3 Cross right over left, step left to side, step right beside left
4 5 6 Cross left over right, step right to side, step left beside right

(These twinkles are larger steps and travel forward.)

1 2 3 Cross right over left, ¼ turn right stepping back on left, ¼ turn right stepping right to side
(This turn is done almost in place.)

4 5 6 Cross left over right, step right to side, step left beside right (12:00)

[25-36] Step, Point, Hold, ¼ Turn Point, Hold, Cross, Back, Side, Cross, Back, ½ Turn

1 2 3 Step right forward, point left to side, hold (Slowly angle/pivot body towards right diagonal to 1:30 over counts 2-3.)

4 5 6 Step left forward (squaring up to 12:00), ¼ turn left pointing right to side (9:00) (Slowly angle/pivot body towards left diagonal to 7:30 over counts 5-6.)

1 2 3 Cross right over left, step left back (squaring up to 9:00), step right to side and slightly back,
4 5 6 Cross left over right (body angles toward right diagonal, 10:30), step right back (squaring up to 9:00), ½ turn left stepping forward on left (3:00)

[37-48] Repeat 25-36: Step, Point, Hold, ¼ Turn Point, Hold, Cross, Back, Side, Cross, Back, ½ Turn

1 2 3 Step right forward, point left to side, hold (Slowly angle/pivot body towards right diagonal to 4:30 over counts 2-3.)

4 5 6 Step left forward (squaring up to 3:00), ¼ turn left pointing right to side (12:00) (Slowly angle/pivot body towards left diagonal to 10:30 over counts 5-6.)

1 2 3 Cross right over left, step left back (squaring up to 12:00), step right to side and slightly back,
4 5 6 Cross left over right (body angles toward right diagonal to 1:30), step right back (squaring up with 12:00), ½ turn left stepping forward on left (6:00)

[49-60] Step, Step, ¼ Turn, Cross, Side, Behind, Step, Drag, Rock, Recover, Step

1 2 3 Step right forward, step left forward, ¼ pivot turn right taking weight on right

4 5 6 Step left across right, step right to side, step left behind right

1 2 3 Large step to ride, drag left towards right over 2 counts

4 5 6 Rock left behind right, recover to right, step left forward to left diagonal (9:00)

REPEAT

Restart – Wall 3: Dance 24 counts and restart facing 6:00.

**Ending – Wall 8: Starts facing 6:00. Dance 18 counts. You will be facing 12:00.
Cross right over left for count 19, and strike a pose.**

Last Update - 24th March 2015

