

Better Than You Left Me

拍数: 60 墙数: 4 级数: Intermediate
编舞者: Gail Smith (USA) - March 2015
音乐: Better Than You Left Me - Mickey Guyton



INTRO: 36 Counts (24 Counts from the hard downbeat)

S1: LEFT BASIC FORWARD, RIGHT BASIC BACK

1-2-3 Step L forward, step R together, step L together
4-5-6 Step R back, step L next to R foot, step R together

S2: WEAVE, LONG STEP TO SIDE, DRAG, TOUCH

1-2-3 Step L across R, step R to side, step L behind R
4-5-6 Step R long step to side, drag L and touch next to R foot

S3: 1/4, SWEEP 1/4, R TWINKLE

1-2-3 Turn 1/4 L and step L fwd, sweep R around as you turn 1/4 L [6:00]
4-5-6 Step R across L, step L to side and slightly fwd, R to slight fwd diagonal

S4: STEP, SLOW LIFT, BACK, DRAG

1-2-3 Step L fwd, slowly lift and extend the R leg with toes pointed fwd
4-5-6 Step R a large step back (body angled R - 7:30), drag L toes toward R foot (prep for turn)

******* RESTART here on wall 3. Happens facing 12:00**

S5: FULL FWD TURN, TWINKLE

1-2-3 Step L to 1/4 turn L, turn 1/4 & step R back, turn 1/2 & step L fwd (option: fwd basic)
4-5-6 Step R across L, step L to side and slightly fwd, R to slight fwd diagonal

S6: CROSS, SIDE, CROSS, SIDE, 1/4, 1/4

1-2-3 Step L across R, step R to side, step L across R
4-5-6 Step R to side, 1/4 turn L & step L to side, 1/4 turn L & step R to side □[12:00]

S7: BEHIND, SIDE, CROSS, 1/4, 1/2, TOGETHER

1-2-3 Step L behind R, step R to side, Left step across R
4-5-6 1/4 turn R & step R fwd, 1/2 R stepping L back, step R together (or slightly back) [9:00]

S8: LONG STEP TO SIDE, DRAG

1-2-3 Step L long step to side, drag R next to L foot (weight on L)
4-5-6 Step R to side as you sway R, L, R

S9: BACKWARD TWINKLES

1-2-3 Step L behind R, step R to side and slightly back, L to slight fwd diagonal
4-5-6 Step R behind L, step L to side and slightly back, R to slight fwd diagonal

S10: FWD SWEEPS

1-2-3 Step L fwd, sweep R around from back to front, touch R toes fwd (weight on L)
4-5-6 Step R down in place , sweep L around from back to front, touch L toes fwd (weight on R)

****** To begin dance again - step L down in place for count 1**

REPEAT

ENDING: IF you want to end facing the front wall. After the 3rd set (18 Counts)

CROSS, 1/4, 1/4, SIDE, DRAG

1-2-3 Step L across R, turn 1/4 L and step R to side, turn 1/4 L and step L to side

4-5-6 Step R to side, drag L over to R

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