

I've Been Better

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Bobby Houle (CAN) - October 2014
音乐: I've Been Better - Brad Paisley



[1-8] □ Side, Step, Side Rock Cross, Side Rock, Syncopated Weave

1-2 Right to right side, left forward
3&4 Rock right to right side, weight back on left, cross right in front of left
5-6 Rock left to left side, weight back on right
7&8 Cross left in front of right, right to side, cross left behind right

[9-16] □ Sweep, ¼ Turn Left, Shuffle Forward, Rock Step, back lock Step

1-2 Sweep right from front to back, weight on right, left forward ¼ turn left
3&4 Right forward, left beside right, right forward (9 o'clock)
5-6 Rock left forward, return weight on right
7&8 Left back, lock right in front of left, left back

[17-24] □ Back Touch, ¼ Turn Right, Sailor Step, Rock, Step, Diagonal Shuffle

1-2 Point right back, unwind ¼ turn right (weight stay on left) (12 o'clock)
3&4 Cross right behind left, left to left, right slightly forward
5-6 Rock left behind, return weight on right
7&8 Shuffle left, right, left, forward diagonal left (10.30 o'clock)

[25-32] □ Kick, Hook, 3/8 Turn Right, Shuffle Forward, Step Pivot ½ Turn Right, Side Shuffle, Slide and Tap

1-2 Kick right forward, hook right in front of left making 3/8 turn right (3 o'clock)
3&4 Shuffle forward right, left, right
5-6 Left forward, pivot ½ turn right (9 o'clock)
7&8 Side shuffle left right left on left side
& Slide and tap right beside left (weight on left)

Enjoy!
