

Better Days

拍数: 32 墙数: 2 级数: Beginner
编舞者: Mario Hollnsteiner (DE) & Lilly Hollnsteiner (DE) - April 2018
音乐: "Better Days" by Kristy Lee Aker



Step sheet by: Xavi Barrera

HEEL, STEP, HEEL, HOOK, STEP, TOGETHER, STEP, SCUFF

- 1- Touch right heel forward
- 2- Step right beside the left
- 3- Touch left heel forward
- 4- Hook left behind the right
- 5- Step left to the left
- 6- Step right beside the left
- 7- Step left forward
- 8- Scuff right beside the left

JAZZBOX, CROSS, ¼ TURN ROCK STEP, STEP, SCUFF

- 9- Cross right over the left
- 10- Step left short-back
- 11- Step right to the right
- 12- Cross left over the right
- 13- Rock right to the right
- 14- Recover your weight on to the left, turning ¼ turn to the left at the same time
- 15- Step right forward
- 16- Scuff left beside the right

GRAPEVINE, ¼ TURN HOOK, GRAPEVINE

- 17- Step left to the left
- 18- Cross right behind the left
- 19- Step left to the left
- 20- Hook right over the left, turning ¼ turn to the right at the same time
- 21- Step right to the right
- 22- Cross left behind the right
- 23- Step right to the right
- 24- Scuff left beside the right

BRUSH, SCUFF, BRUSH, SCUFF, ½ TURN PIVOT, STEP, STOMP

- 25- Step left forward, describing an arch to the left
- 26- Scuff right beside the left
- 27- Step right forward, describing an arch to the right
- 28- Scuff left beside the right
- 29- Touch left forward
- 30- Pivot ½ turn to the right, on to the right foot
- 31- Step left forward
- 32- Stomp right beside the left

Restart

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