

Better

拍数: 32 墙数: 2 级数: Improver
编舞者: Jackie Barber (UK) - December 2019
音乐: Better - Boyzone : (Album: The Essential Boyzone - Single)



#32 count intro

Section 1 : Side, back rock, recover, 1/4 turn, Step forward, Pivot 3/4, Side, behind, Side, Cross, Sweep, cross, side, behind.

- 1 Long Step Right to right side.
- 2 & 3 Rock back onto Left, Recover weight onto Right, Step left 1/4 turn Left,
- 4 & 5 Step forward onto Right, Pivot 3/4 turn Left, Step right to Right side.
- 6 & 7 Step Left behind Right, Step Right to Right side, Cross Left over Right
- 8 & 1 Sweep right and cross step over left, Step Left to Left side. Step Right behind left.

Section 2 : Sweep back, Sweep, Back Rock, Recover, Step, 1/2 turn, 1/2 turn, Forward rock, Recover

- 2 Sweep Left stepping back onto Left.
- 3 & 4 Sweep Right back rocking onto Right, Recover weight onto Left, Step forward onto Right.
- 5, 6 Make 1/2 turn right stepping back onto Left, Make 1/2 turn Right stepping forward onto Right.
- 7, 8 Rock forward onto Left, Recover weight onto Right.

Section 3 : Coaster cross, Side rock, Recover, Behind, Side, Cross, Forward rock, Recover,

- 1 & 2 Step back onto Left, Close right next to Left, Cross step Left over Right.
- 3, 4 Rock right to Right side, Recover weight onto Left.
- 5 & 6 Step Right behind left, Step Left to Left side, Cross right over left.
- 7, 8 Rock forward onto Left, Recover weight onto Right.

Section 4 : Triple 1/2 turn, 1/2 turn, 1/2 turn, Forward rock, Recover, Coaster step, Close.

- 1 & 2 Step Left a 1/4 turn Left, Step Right next to Left, Step Left a 1/4 turn Left.
- 3, 4 Make 1/2 turn Left stepping back onto Right, Make 1/2 turn Left stepping forward onto Left.
- 5, 6 Rock forward onto Right, Recover weight onto Left.
- 7 & 8 & Step back onto Right, Close Left next to Right, Step forward Right, Close Left next to Right.