

# Better As One

拍数: 64      墙数: 2      级数: Advanced  
编舞者: Fred Whitehouse (IRE) & Darren Bailey (UK) - February 2020  
音乐: Better as One - The Heavy



## #32 Count Intro

Pattern: 64/Tag/48/64/Tag/48/64(Finish)

### [1 - 8]: Slide, Knee Pop x 2, Slide, Knee Pop x 2

1-2            Long step RF to R side, step LF beside RF  
3-4            Push both knees forward x 2 (Left then Right)  
5-6            Long step LF to L side, step RF beside LF  
7-8            Push both knees forward x 2 (Right then Left)

### [9 - 16]: Press Slide, Press Slide, Cross Side Rock, Cross Kick Step

1-2            Press RF beside LF, slide LF back to L diagonal  
3-4            Press LF beside RF, slide RF back to R diagonal  
5&6            Cross RF over LF, rock LF to L side, recover weight to RF  
&7&8            Cross LF over RF, kick RF to R side, Hitch R knee, step RF beside LF

### [17 - 24]: Swivet, Back Together, Heel Hip Bumps

1-2            Swivet R toe to R side L heel to L side, recover to center  
3-4            Long step back on RF, step LF beside RF  
5&6            Touch R heel forward bump hips forward, bump hips back, step RF forward  
7&8            Touch L heel forward bump hips forward, bump hips back, step LF forward

### [25 - 32]: Moonwalk Glides 1/2 Turn x 2, Vine, Cross, C Bump, Hip

1-2            Touch RF forward slide LF back, turn 1/2 L taking weight to L  
3-4            Touch RF forward slide LF back, turn 1/2 L taking weight to L

#### (Easy Alternative, Step Pivot 1/2 turn Lx2)

5&            Step RF to R side, step LF behind RF  
6&            Step RF to R side, Cross LF over RF  
7-8            Hitch R knee, step RF to R side bump hips R

### [33 - 40]: Hip, Hip, Full Turn Step Hitch Step Hitch, Side, Touch

1-2            Bump hips L, bump hips R  
3-4            Turn 1/4 L step LF forward, turn 1/4 L hitch R knee  
5-6            Turn 1/4 L step RF back, turn 1/4 L hitch L knee  
7-8            Step LF to L side, touch RF beside LF

### [41 - 48]: Kick & Twist, Kick & Twist, Point & Point, Body Roll, Twist

1&            Kick RF to R diagonal, step RF beside LF  
2&            Twist toes out, recover toes to center (as you open toes, bend knees slightly)  
3&            Kick LF to L diagonal, step LF beside RF  
4&            Twist toes out, recover toes to center (as you open toes, bend knees slightly)  
5&6            Point RF to R side, step RF beside LF, point LF to L side  
7-8            Body roll to L take weight on to LF

#### \*RESTART HERE ON WALLS 2 & 4

### [49 - 56]: Heel Twist x 2, Ball Cross, Side Rock, Ball Step, Touch

&1&            Twist R heel out, twist R heel in, twist R heel out  
2&3            Twist R heel in, step RF beside LF, cross LF over RF  
4            Hold

5-6& Rock RF to R, recover weight to LF, step RF beside LF  
7-8 Step LF to L, touch RF behind LF (click L hand to L side)

**[57 - 64]: 1 1/2 Rolling Vine, Mashed Potatoes, Flick Step**

1-2 Turn 1/4 R step RF forward, turn 1/2 R step LF back  
3-4 Turn 1/2 R step RF forward, turn 1/4 R step LF to L  
&5 Twist heels out, step RF back twist heels in  
&6 Twist heels out, step LF back twist heels in  
&7 Twist heels out, step RF back twist heels in  
8 Close LF next to RF

**\*Tag After Walls 1 & 3**

**[1 - 8]: Step Heel Swivels, Step Heel Swivels**

1& Step RF to R diagonal, swivel L heel in  
2&3 Swivel L toe in, swivel L heel in, swivel L toe in  
&4 Raise up on both toes, lower both heels  
5& Step LF to L diagonal, swivel R heel in  
6&7 Swivel R toe in, swivel R heel in, swivel R toe in  
&8 Raise up on both toes, lower both heels

**[9 - 16]: Step Heel Swivels, Run Around, Cross & Cross**

1& Step RF to R diagonal, swivel L heel in  
2&3 Swivel L toe in, swivel L heel in, swivel L toe in  
&4 Raise up on both toes, lower both heels  
5& Turn 1/4 L step LF forward, turn 1/4 L step RF forward  
6& Turn 1/4 L step LF forward, turn 1/4 L step RF forward  
7&8 Cross LF over RF, step RF beside LF, cross LF over RF

---