

Better Days For All

拍数: 64 墙数: 2 级数: High Improver
编舞者: Ann-Kristin Sandberg (NOR), Darren Tubridy (UK), Rob Fowler (ES) & I.C.E.
(ES) - March 2021
音乐: Better Days (feat. Lucas Gienow) - Morning Feelz



Intro: 24 counts (approx. 14 secs) (NO Tags or Restarts)

S1 Cross, Back & Cross, Side, Knee Pop In, ¼ L, L Kick Ball Step

1,2& Cross right over left, step back on left, step right next to left (&)
3,4 Cross left over right, step right to right side
5,6 Pop left knee in, pop left knee out and make ¼ turn left (keep weight on right) 9:00
7&8 Kick left forward, step left to right (&), step forward right

S2 Step L, Step R, Pivot ½ L, Step R, Step L, Pivot ½ R, Step L, Side Rock, Recover

1,2 Step forward left, step forward right
3,4 Make ½ turn left (weight forward on left), step forward right 3:00
5,6 Step forward left, make ½ turn right (weight forward on right) 9:00
7&8 Step forward left, rock right out to right side (&), recover weight on left

S3 Cross R, Side L, Hinge ½ R, Point L, ¼ L, ½ L, ½ L Shuffle

1,2 Cross right over left, step left to left side
3 Pull right shoulder back making ½ turn right stepping right to right side 3:00
4 Point left toe to left side
5,6 Make ¼ turn left stepping forward left, make ½ turn left stepping back right 6:00
7&8 Make ½ turn left stepping forward left, step right next to left (&), step forward left 12:00

S4 Rock, Recover, R Shuffle Back, L Coaster, R Kick Ball Cross

1,2 Rock forward right, recover on left
3&4 Step back right, step left next to right (&), step back right
5&6 Step back left, step right next to left (&), step forward left
7&8 Kick right forward, step right next to left (&), cross left over right 12:00

S5 Side R, Drag L, Step L, Cross R, Side L, Touch R, Unwind ¾ R, L Kick Ball Cross

1,2 Long step right to right side, drag left towards right
&3,4 Step left next to right (&), cross right over left, step left to left side
5,6 Touch right behind left, unwind ¾ turn right (weight on right) 9:00
7&8 Kick left forward, step left next to right (&), cross right over left

S6 Side Rock, Recover, Behind L, ¼ R, Step L, Pivot ¼ R, Cross Shuffle

1,2 Rock left to left side, recover on right
3,4 Step left behind right, make ¼ turn right stepping forward right 12:00
5,6 Step forward left, make ¼ turn right (weight on right) 3:00
7&8 Cross left over right, step right to right side (&), cross left over right

S7 Side Rock, Recover, Behind R, ¼ L, R Jazz Box

1,2 Rock right to right side, recover on left
3,4 Step right behind left, make ¼ turn left stepping forward left 12:00
5,6,7,8 Cross right over left, step back left, step right to right side, step forward left

S8 Rock, Recover, ½ R Shuffle, Rock, Recover, Triple Full Turn L

1,2 Rock forward right, recover on left

3&4 Make ½ turn right stepping forward right, step left next to right (&), step forward right 6:00
5,6 Rock forward left, recover on right
7&8 Make a triple full turn left (on the spot) stepping left, right (&), left
(non-turn option: left coaster)

Start Over
