

Better Man Cha

拍数: 32 墙数: 4 级数: Improver
编舞者: Luke Watson (AUS) - November 2020
音乐: Loving You Makes Me a Better Man - Hal Ketchum : (Album: Lucky Man - or Spotify)



Dance starts 16 seconds into the track after 16 Beats from when the main beat starts - CCW Direction

[1-8] Step Side, Step Together, Shuffle Fwd, Rock Fwd, Recover, Shuffle ½ Turn L

1-2 Step R to R side, Step L together
3&4 Step R fwd, Step L together, Step R fwd
5-6 Rock L fwd, Replace weight Back on R
7&8 1/2 L Stepping L fwd, Step R together, Step L fwd (6.00)

[9-16] Step Side, Step Together, Shuffle Fwd, Rock Fwd, Recover, Shuffle ¼ Turn L

1-2 Step R to R side, Step L together
3&4 Step R fwd, Step L together, Step R fwd
5-6 Rock L fwd, Replace weight on R
7&8 1/4 L Stepping L to L side, Step R together, Step L to L side (3.00)

[17-24] Cross, Step Back ¼ Turn, ¼ Turn Side Shuffle, Cross Rock, Recover, Side Shuffle

1-2 Cross R over L, 1/4 R Stepping L back (6.00)
3&4 1/4 R Stepping R to R side, Step L together, Step R to R side (9.00)
5-6 Cross Rock L over R, Replace weight on R
7&8 Step L to L side, Step R together, Step L to L side

[25-32] Cross, Step Back ¼ Turn, ¼ Turn Side Shuffle, Cross Rock, Recover, Side Shuffle ¼ Turn L

1-2 Cross R over L, 1/4 R Stepping L back (12.00)
3&4 1/4 R Stepping R to R side, Step L together, Step R to R side (3.00)
5-6 Cross Rock L over R, Replace weight on R
7&8 1/4 L Stepping L fwd, Step R together, Step L fwd (12.00)

Note: Start the dance again making 1/4 L Stepping R to R side on Count 1

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