

Better Tomorrow

拍数: 64 墙数: 4 级数: High Intermediate
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音乐: Better Tomorrow - Matt Simons



#8 Count Intro / Approx. 4 Secs

[01 - 08]: Ball Heel Ball Step, Shuffle, Rock Sweep, Sailor Step

&1 Step left back, touch right heel forward
&2 Step right beside left, step left forward
3&4 Step right forward, step left beside right, step right forward
5-6 Rock left forward, recover weight onto right sweeping left from front to back
7&8 Step left behind right, step right to right, step left to left

[09 - 16]: Touch, Hold, Syncopated Weave, Out Out, Side Mambo Step

1-2 Touch right behind left, hold

Arms Point right arm up

&3&4 Step right to right, step left behind right, step right to right, cross left over right
5-6 Step right to right diagonal, step left to left

Arms Point right to right, point left to left

7&8 Rock right to right, recover weight onto left, step right beside left leaning body slightly right

Arms As you step together lay left arm on top of right in front of chest

[17 - 24]: Rock, Rock, ¼ Coaster Step, Kick Ball Step, Touch Twist Twist

1-2 Take weight onto left leaning body slightly left, take weight onto right leaning body slightly right

Arms Keep arms crossed in front of body

3&4 Turn ¼ left step left back, step right beside left, step left forward (9:00)
5&6 Kick right forward, step right beside left, step left forward
7&8 Touch right forward, twist both heels right, twist both heels back to center

[25 - 32]: Ball Press, Hold x 2, ½ Hook, Step, ½ Back, ½ Turn Sweep, Sailor Touch

&1-2-3 Step right beside left, press left forward, hold for 2 counts

Arms Snake right arm forward 3 times

4 Turn ½ right hooking right over left (3:00)
5-6& Step right forward, turn ½ right step left back, turn ½ right sweeping right from front to back (3:00)
7&8 Step right behind left, step left to left, touch right beside left

[33 - 40]: Step ¼ Pivot, Hold, Together, Side, Hold, Snake Roll Ball Side

1-2 Step right forward, pivot ¼ left transferring weight onto left (12:00)
3-4 Hold, step right beside left
5-6 Step left to left, Hold
7&8 Snake roll body left, step right beside left, step left to left

Arms For [33-40]

1 Place right arm forward with hand in line with left shoulder place left hand on right wrist, Move right arm to right as you trace left hand up your right arm. Let the left hand come off the right arm
2 Lay right arm on top of left arm
&3 Drop both elbows to clap the back of hands together, return arms to crossed position
4 Drop both arms to sides
5 Place right arm low to right side palm facing forward
6 Hold

7&8 Roll right arm as you snake

[41 - 48]: Together, Weave, Hold, Side Back Rock, Side Shuffle

1 Step right beside left turning upper body left

Arms Point right arm up

2&3 Step left behind right, step right to right, cross left over right

4 Hold

&5-6 Step right to right, rock left back, recover weight onto right

7&8 Step left to left, step right beside left, step left to left

[49 - 56]: Cross & Touch & Cross & Touch, Step, Flick, ½ Turn Shuffle

1&2& Cross right over left, step left to left, touch right to right diagonal, step right beside left

3&4& Cross left over right, step right to right, touch left to left diagonal, step left beside right

5-6 Step right forward, flick left behind right

Arms Click fingers out to sides at head height

7&8 Turn ½ left step left forward, step right beside left, step left forward (6:00)

[57 - 64]: ¼ Back Sweep, Behind, Side, Step Lock Step, Step ½ Pivot, ½ Turn Step Lock Step

&1 Turn ¼ left step right back, sweep left from front to back (3:00)

2& Step left behind right, step right to right

3&4 Step left forward, lock right behind left, step left forward

5-6 Step right forward, pivot ½ left transferring weight onto left (9:00)

7&8 Turn ¼ left step right to right, turn ¼ left lock left over right, step right back (3:00)
