

I Am Better Off

拍数: 32 墙数: 4 级数: Novice / Improver
编舞者: Ernie Yin (INA) - June 2021
音乐: I Am Better Off (feat. LaKeshia Nugent) - Wildson



Intro : 32

TAG : After Wall 8 (12.00)

I. SIDE - BACK ROCK - FORWARD LOCK SHUFFLE - PIVOT 1/2 R - FORWARD LOCK SHUFFLE

1. Step Lf to left
2. Step Rf backward
3. Recover on Lf
4. Step Rf forward
- & Lock Lf behind Rf
5. Step Rf forward
6. Step Lf forward
7. Turn 1/2 R Step on Rf (06.00)
8. Step Lf forward
- & Lock Rf behind Rf

II. CROSS MAMBO (2X)- 1/4 DIAMOND TURNING R

1. Step Lf forward
2. Step Rf cross over Lf
- & Recover on Lf
3. Step Rf to right
4. Step Lf cross over Rf
- & Recover on Rf
5. Step Lf to left
6. Step Rf cross over Lf
- & Step Lf to left
7. Turn 1/8 Step Rf backward
8. Step Lf backward
- & Turn 1/8 R Step Rf to right

III. PIVOT 1/8 L WITH HIP ROLL (2X)-SIDE - TOGETHER - CHASSE R

1. Step Lf Cross over Rf (09.00)
2. Step Rf to right
3. Hip roll Recover on Lf
4. Turn 1/8 L with Step Rf to right (07.30)
5. Hip roll Recover on Lf
6. Turn 1/8 L Step Rf to right (06.00)
7. Close Lf next to Rf
8. Step Rf to right
- & Close Lf next to Rf

IV. PIVOT 1/2 R - TOGETHER- TOGETHER- SIDE TURN 1/4 R (3X)

1. Step Rf to right
2. Step Lf forward
3. Turn 1/2 R Recover on Rf (12.00)
4. Close Lf next to Rf
- & Step Rf in place

5. Turn 1/4 R Step Lf to left (03.00)
6. Close Rf next to Lf
- & Step Lf in place
7. Turn 1/4 R Step Rf to right (06.00)
8. Close Lf next to Rf
- & Step Rf in place - Turn 1/4 R to start the dance (09.00)

TAG : After Wall 8 (12.00)

1. Step Lf to left
 2. Close Rf next to Lf - & Step Lf in place
 3. Step Rf to right
 4. Close Lf next to Rf & Step Rf in place
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