

I've Been Better

拍数: 32 墙数: 4 级数: Improver
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音乐: I've Been Better - Brad Paisley



Intro: 16 counts

Tag: After wall 2 and 4 (4 Counts)

[1-9] Side, Back Rock, Lock Shuffle, Rock Step, Shuffle ½ Turn

1-3 Step left to the left side, Rock back on right, Recover on left
4&5 Step right forward, Lock left behind right, Step right forward
6-7 Rock forward on left, Recover on right
8&1 ¼ turn left stepping left to left side, Step right next to left, ¼ turn left stepping forward on left
(06:00)

[10-17] Cross Point, Sailor ¼ Turn L, ¼ Step Turn, Cross Shuffle R

2-3 Cross right over left, point left to left side (06:00)
4&5 Step left behind right, Step right to the right side, ¼ turn left stepping left forward (09:00)
6-7 Step right forward, ¼ turn left
8&1 Right cross over left, close left to right, right cross over left (12:00)

[18-25] Sway 2x, Chasse L, Cross Rock, Chasse R

2-3 Left step to side and hip sway left and right, weight right
4&5 Step left to the left side, Step right next to left, Step left to the left side
6-7 Cross rock right over left, recover on left
8&1 Step right to the right side, Step left next to right, Step right to the right side

[26-32] Hold, Together, Side, Hold, Together, ¼ Step Turn, Step Turn ½, Chasse L

2&3 Hold, left together right, Step right to the right side
4&5 Hold, left together right, ¼ turn right, Step right forward (03:00)
6-7 Step left forward, ½ Turn right and step on right (09:00)
8&1 Step left to the left side, Step right next to left, Step left to the left side

TAG: Sways 4x

1-4 Step left to the left side, sways (L,R,L,R)

BEGIN AGAIN! ENJOY!