

# Better Days

拍数: 48      墙数: 2      级数: Advanced  
编舞者: Hiroko Carlsson (AUS) - February 2022  
音乐: Better Days - Dermot Kennedy : (Spotify)



(Dance starts on lyrics/16 counts intro)

**[S1] Hitch, Point, 1/4L w/ Sweep, Behind-Point, Cross-Side Lunge, Recover, Behind-1/4R-Fwd-Together**

1 2            Hitch R knee up, Point R to the side  
3 4&          Make a 1/4 turn left stepping back on R sweeping L around, Step L behind R, Point R to the side (9:00)  
5 6            Cross R over L, Step L to the side /lunge left  
7&8&        Step L behind R, Make a 1/4 turn right stepping forward on R, Step forward on L, Step R together (12:00)

**[S2] Back, Back-1/4R-Cross-Side, Behind Rock, 1/4L-1/2L-1/2L-**

1 2&          Step back on L, Step back on R, Make a 1/4 turn right stepping R to the side (3:00)  
3&4          Cross L over R, Step R to the side, Rock L behind R  
5 6            Replace weight on R, Make a 1/4 left stepping forward on L (12:00)  
7 8            Make a 1/2 turn left stepping back on R, Make a 1/2 turn left stepping forward on L (12:00)

**[S3] -1/4L Basic NC2 Step, 1/4L Side, Back Rock, Side, Back Rock-1/4L-3/8L**

1 2&          Make a 1/4 turn left stepping R to the side, Rock L behind R, Recover weight on R (9:00)  
3 4&          Step L to the side, Rock R behind L, Recover weight on L  
5&6          Make a 1/4 turn left stepping R to the side, Rock back on L, Recover weight on R  
7&8          Step L to the side, Rock back on R, Recover weight on L  
&1            Make a 1/4 turn left stepping back on R, Make a 3/8 turn left stepping forward on L (10:30)

**[S4] Fwd Rock-Back, Back-Together-Fwd w/ 3/8R, Run Fwd into Spiral 3/4L-Fwd**

2&3          Rock forward on R, Replace weight on L, Step back on R  
4&5          Rock back on L, Step R together, Step forward on L making a swift 3/8 turn right (3:00)  
6&            Step forward on R, Step forward on L  
7 8            Step forward on R making a 3/4 spiral turn left, Step forward on L\*\* (6:00)

**[S5] 1/8L Fwd Rock-&-Paddle 1/4R, Weave 1/4R-Fwd Rock-&-Fwd-**

1 2&          Making a 1/8 turn left rock forward on R, Replace weight on L, Step R next to L (4:30)  
3&4&        Step forward on L, Make a 1/4 turn right recover weight on R, Cross L over R, Step R to the side (7:30)  
5&6          Step L behind R, Make a 1/4 turn right stepping forward on R, Rock forward on L (10:30)  
7&8          Replace weight on R, Step L next to R, Step forward on R

**[S6] -Pivot 1/4L, Weave 1/4L-Fwd Rock-1/8R, Cross-R Full Unwind, Side Rock**

1 2&          Make a 1/4 turn left recover weight on L, Cross R over L, Step L to the side (7:30)  
3&            Step R behind L, Make a 1/4 turn left stepping forward on L (4:30)  
4 5&        Rock forward on L, Replace weight on R, Make a 1/8 turn right stepping R to the side (6:00)  
6 7            Touch across L over R, Make a full unwind turn right weight ends L (6:00)  
8&            Rock R to the side, Replace weight on L

Repeat at the end of Wall 4 (12:00) and Wall 6 (12:00)

Repeat the last 2 sections of the dance (S5 - S6)

Restart on Wall 5 count 32\*\* (6:00)

Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com)) (updated: 1/Feb/22)

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