

Better Man

拍数: 48 墙数: 2 级数: Intermediate
编舞者: James A. Colclasure Jr. (USA) - September 2022
音乐: Better Man - Graham Scott Fleming



#12 count intro / 1 Tag

CROSS, SWEEP, STEP, DRAG, STEP

1,2,3 Cross R over L (1), Sweep L to front and over R (2,3)
4,5,6 Cross L over R (4), Drag R to R (5), Step R to R (6) (12:00)

CROSS, SWEEP, STEP,

1,2,3 Cross R behind L (1), Sweep R to back and behind L (2,3)
4,5,6 Cross L behind R (4), Drag L to L (5), Step L to L (6) (12:00)

STEP, DRAG (3X), ROCK, RECOVER, STEP BACK

1,2,3 Step R forward (1), Slowly bring L forward, passing R (2,3)
4,5,6 Step L forward (4), Slowly bring R forward, passing L (5,6)
1,2,3 Step R forward (1), Slowly bring L forward, passing R (2,3)
4,5,6 Rock L forward (4), Recover onto R (5), Step L back (6) (12:00)

¼ RIGHT, TURN UPPER BODY, ½ LEFT, SWEEP

1,2,3 Turn ¼ R, stepping R to R (1) (3:00), Slowly turn upper body towards 4:30 (2,3)
4,5,6 Turn ½ L, stepping L in place (4), Sweep R to front over R (5,6)

CROSS, HOLD, L ROCK, ¼ RIGHT, HOLD

1,2,3 Cross R over L (1), Hold (2,3)
4,5,6 Rock L to L (4), Turn ¼ R, stepping R forward (5), Hold (6)

ROCK, ½ LEFT, HOLD

1,2,3 Rock L forward (1), Recovery onto R (2) Slowly turn ½ L (3)
4,5,6 Step L forward (4), Sweep R to front and over L (slightly over rotate to 4:30) (5,6)

SLOW ROCK RECOVER, 5/8 RIGHT, STEP

1,2,3 Slow rock forward on R (1,2), Recover onto L (3)
4,5,6 Turn 5/8 R to 10:30, stepping R forward (4), Slowing bring L to R (5), Step L forward (6)

(To start dance over make a ½ turn to the right stepping forward on right foot and sweeping left foot around.)

TAG:

1,2,3 Step forward on L (1), Slowly sweep R around to front (2,3)
4,5,6 Step forward on R (4), Slowly sweep L around to front taking weight on L, (5,6)