

# Better Then

拍数: 16      墙数: 4      级数: Easy Improver NC  
编舞者: Nathalie Damar (LUX/FR) - January 2023  
音乐: Better Then - Don Louis



Intro 32 counts – Start on lyrics

## ROCK, RECOVER, BACK, BACK, TOGETHER, STEP LOCK STEP - MAMBO STEP, SAILOR TURN ¼

1            R Foot Step (or Press) fwd (1)  
2&          Recover on L (2), Step back R (&)  
3&          Step back L (3), Step R next to L (&)  
4&5        Step L fwd (4), Lock R behind (&), Step L fwd (5)  
6&7        Rock R fwd (6), Recover on L (&), Step back R (7) sweeping L from front to back  
8&1        Turn ¼ L and Cross L behind R (8), Step R foot to right side (&), Recover on L foot (1) 9:00

## STEP ½ TURN STEP – STEP ½ TURN STEP – WEAVE TO R, SIDE ROCK, RECOVER

2&3        Step R foot fwd (2), Pivot ½ Turn to left (&), Step R foot fwd (3) 3:00  
4&5        Step L foot fwd (4), Pivot ½ Turn to right (&), Step L foot fwd (5) 9:00  
6&7&8     Step R to right (6), Cross L behind (&), Step R to right (7), Cross L over R (&)  
8&        (1) Rock R to right with Sway (8), Recover on to L foot with Sway (&)

START AGAIN!

NO TAGS! NO RESTARTS!

---