

Better When I'm Dancin'

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Kristin Lyn (USA) - July 2023
音乐: Better When I'm Dancin' - Meghan Trainor



[1 RESTART* On Wall 2 after 48cts., facing 12:00]

SECTION 1: SIMPLIFIED SAMBA WHISK, LINDY

1,2 (1) Step RF to R Side, (2) Slide L Toe towards R Heel, slightly behind the R Heel
3,4 (3) Cross Back-Rock Ball of LF behind RF, (4) Recover RF in place
5&6 (5) Step LF to L side, (&) Close RF next to LF, (6) Step LF to L side
7,8 (7) Cross Back-Rock Ball of RF behind LF, (8) Recover LF in place (12:00)

SECTION 2: KICK BALL CROSS, HOLD, BALL CROSS, SIDE ROCK, ¼ RECOVER, ¼ CHASSE

1&2 (1) Kick RF Fwd, (&) Place Ball of RF next to LF, (2) Cross LF over RF
3&4 (3) HOLD; weight on LF, (&) Step Ball of RF to R side, (4) Cross LF over RF; weight on LF
5,6 (5) Rock Step RF to R side (6) ¼ turn over L shoulder, Recover LF Fwd (9:00)
7&8 (7) ¼ turn L (6:00), Step RF to R side, (&) Close LF next to RF, (8) Step RF to R side (6:00)

SECTION 3: CROSS BACK ROCK-RECOVER, ½ R, ¼ R, FWD ROCK-RECOVER, BALL STEP, ½ PIVOT

1,2 (1) Cross Rock Step LF behind RF, (2) Recover RF in place
3,4 (3) ¼ turn R, Step LF back (9:00), (4) ¼ turn R, Step RF to R side (12:00)
5,6 (5) ⅛ turn R, Rock Step LF Fwd (1:30), (6) Recover RF in place
&7,8 (&) Step Ball of LF next to RF, (7) Step RF Fwd, (8) ½ turn over L shoulder, shift weight to LF (7:30),

SECTION 4: FWD ROCK-RECOVER, BALL STEP, ½ PIVOT, ⅛ L, ¼ L, ¼ SHUFFLE

1,2 (1) Rock Step RF Fwd, (2) Recover LF in place
&3,4 (&) Step Ball of RF next to LF, (3) Step LF Fwd, (4) ½ turn over R shoulder, shift weight to RF (1:30)
5,6 (5) ⅛ turn L, Cross LF over RF, squaring up to 12:00, (6) ¼ turn over L shoulder, Step RF back (9:00)
7&8 (7) ¼ turn over L shoulder, Step LF forward (6:00), (&) Close RF next to LF, (8) Step LF to L side (6:00)

SECTION 5: BOTA-FOGO, SYNCH. WEAVE R, CROSS ROCK-RECOVER, SYNCH. WEAVE L

1&2 (1) Cross RF over LF, (&) Step LF to L side, (2) Step RF to R side
3&4 (3) Cross LF over RF, (&) Step RF to R side, (4) Cross LF behind RF
&5,6 (&) Step RF to R side, (5) Cross Rock Step LF over RF, (6) Recover RF in place
&7&8 (&) Step LF to L side, (7) Cross RF over LF, (&) Step LF to L side (8) Cross RF behind LF

SECTION 6: BALL CROSS STEP, BALL CROSS STEP, BALL CROSS JAZZ BOX CROSS*

&1,2 (&) Step LF to L side, (1) Cross RF over LF, (2) Step LF back
&3,4 (&) Step RF to R side, (3) Cross LF over RF (4) Step RF back
&5,6 (&) Step LF to L side, (5) Cross RF over LF, (6) Step LF back
7,8 * (7) Step RF to R side, (8) Cross LF over RF, weight on LF (6:00)

*RESTART HERE ON WALL 2, FACING 12:00

SECTION 7: SIDE ROCK-RECOVER, SAILOR, ¼ L SAILOR, ¼ SIDE ROCK-RECOVER

1,2 (1) Rock Step RF to R side, (2) Recover LF in place
3&4 (3) Cross RF behind LF, (&) Step LF to L side, (4) Step RF to R side
5&6 (5) Cross LF behind RF, (&) ¼ turn L, Step RF to R side (3:00), (6) Step LF Fwd (3:00)
7,8 (7) ¼ turn over L shoulder, Rock Step RF to R side (12:00), (8) Recover LF in place

SECTION 8: SAILOR, ¼ L SAILOR, ¼ PIVOT, CROSS ROCK-RECOVER

- 1&2 (1) Cross RF behind LF, (&) Step LF to L side, (2) Step RF to R side
3&4 (3) Cross LF behind RF, (&) ¼ turn L, Step RF to R side (9:00), (4) Step LF Fwd (9:00)
5,6 (5) Step RF Fwd, (6) ¼ turn over L shoulder, Recover and shift weight to LF (6:00)
7,8 (7) Cross RF over LF, (8) Recover LF in place (6:00)

Last Update - 1 Aug 2023
