

Mejor Que Ayer (Better Than Yesterday)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Helaine Norman (USA) - February 2024
音乐: Mejor Que Ayer - Diego Torres



Intro: 32

No tags or restarts

I. FORWARD-ROCK, RECOVER, CHA-CHA-CHA; BACK-ROCK, RECOVER, CHA-CHA-CHA

1-2 Rock R forward, recover to L
3&4 Step R back, step L together, step R back
5-6 Rock L back, recover to R
7&8 Step L forward, step R together, step L forward

Optional for 3&4 and 7&8: Lock steps

II. SIDE ROCK, RECOVER, FORWARD-SHUFFLE; PIVOT ½ R-TURN, FORWARD-SHUFFLE

1-2 Rock R side, recover to L
3&4 Step R forward, step L together, step R forward
5-6 Making ½ turn right step L forward, weight to R (6:00)
7&8 Step L forward, step R together, step L forward

III. DIAGONAL HUSTLE WALK WITH KICK; BACK, BACK, SHUFFLE ½ L-TURN

1-4 Walk forward R L R diagonally, kick L forward (7:30)
5-6 Walk back L R
7&8 Making ¼ turn left step L side, step R together, making ¼ turn L step L forward (1:30)

IV. HUSTLE WALK, KICK; BACK, BACK, 1/8 R-TURN, BACK-COASTER

1-4 Walk forward R L R, kick L forward
5-6 Walk back L R
7&8 Making sharp 1/8 turn right (3:00) step L back, step R together, step L forward

REPEAT

ENDING: Will be facing 9:00. Turn and step to right side at 12:00.

Helaine43@gmail.com