

Better Me

拍数: 32 墙数: 2 级数: Improver
编舞者: Claudia Zille (DE) - April 2024
音乐: Better Me - Michael Schulte & R3HAB



Intro: 32 Counts 1 Restart

Section 1: SIDE ROCK, CROSS SAMBA, JAZZ BOX ¼, TOUCH

1 2 RF step to right side, recover on LF(12:00)
3 & 4 RF cross over LF, LF step to left side, recover on RF (12:00)
5 6 LF cross over RF, RF step back (12:00)
7 8 LF ¼ step to left side, RF touch next to LF(9:00)

Section 2: CHASSÈ R, ¼ CHASSÈ L, POINT FWD, POINT R, SAILOR ½ TURN

1 & 2 RF step to right side, LF close to RF, RF step to right side (9:00)
3 & 4 ¼ turn stepping LF to left side, RF close to LF, LF step to left side (6:00)
5 6 RF point fwd, RF point to right side (6:00)
***Restart here on wall 5 (6:00) with step change**
7 & 8 RF cross behind LF, step LF slightly to left side, ½ turn R stepping LF fwd (12:00)

Section 3: DOROTHY, STEP, TOUCH BEHIND, STEP BACK, ½ TURN, STEP ½ SWIVEL TURN

1 2 & LF step fwd, RF lock behind LF, LF step fwd (12:00)
3 4 RF step fwd, LF touch behind RF (12:00)
5 6 LF step back, RF ½ turn step fwd (6:00)
7 & 8 LF step fwd, RF swivel ¼ L, LF swivel ½ L (12:00)

Section 4: ¼ TURN, POINT, ¼ TURN, POINT, STEP TURN ½, COASTER CROSS

1 2 ¼ turn R stepping RF to right side, LF point to left side (3:00)
3 4 ¼ turn L weight on LF, RF point to right side (12:00)
****Ending after wall 10 (12:00) with step change**
5 6 RF step fwd, ½ turn L (weight on RF) (6:00)
7 8 LF step back, RF close to LF, LF cross over RF (6:00)

*Restart:

7 8 RF touch behind LF, ½ turn R (weight on LF) (12:00)

**Ending:

5 6 RF step fwd, ½ turn L (6:00)
7 8 RF step fwd, ½ turn L (12:00)

Last Update: 4 Apr 2024