

I've Been Better

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Dave Doyle (UK) & Di Doyle (UK)
音乐: I've Been Better - Brad Paisley



ROCK LEFT, ROCK RIGHT, LEFT SAILOR SHUFFLE

1-2 Rock left to left side, recover onto right
3&4 Step left behind right, step right to right side, step forward left

STOMP ¼ TURN RIGHT, HOLD, FORWARD STEPS

5-6 Stomp right ¼ right, hold for 1 beat
&7&8 Step left up behind right, step forward right, step left behind right, step forward right

ROCK FORWARD, ROCK BACK, ½ TURN SHUFFLE

9-10 Rock forward on left, rock back onto right
11&12 Make ½ turn left stepping back left, right, left

ROCK FORWARD, ROCK BACK, ½ TURN REVERSE BACK

13-14 Rock forward on right, rock back onto left
15-16 Step back on right making ¼ turn right, step forward on left making ¼ turn right

STEP FORWARD, ¼ TURN KICK, STEP BACK, HOOK

17-18 Stomp forward right bending right knee, kick left forward making ¼ turn left & click fingers at shoulder height
19-20 Step left foot back, hook right foot in front of left leg & clap

RIGHT SHUFFLE, HEEL BALL TOUCH

21&22 Shuffle forward right, left, right
23&24 Touch left heel forward, step left beside right, touch right beside left

JAZZ BOX ¼ TURN, TOUCH

25-26 Cross right over left, step back left
27-28 Step right ¼ turn right, touch left toe back & click fingers at shoulder height

½ TURN & TOUCH, RIGHT SHUFFLE

29-30 Step forward left making ½ turn left, touch right toe back & click fingers at shoulder height
31&32 Shuffle forward right, left, right

REPEAT
