

Better Man

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Simon Ward (AUS)
音乐: Better Man - Robbie Williams



1&2 Cross/rock left over right, rock/step back on right, step left slightly to left (swing right to right slightly)
3&4 Cross/over shuffle to left, right, left, right
5&6 Rock left to left, transfer weight onto right foot, cross/step left over right
& Step right to right slightly and turn $\frac{3}{4}$ left
7&8 Shuffle forward left, right, left (should be facing $\frac{1}{4}$ turn right wall from starting wall)

Travel if you can in the samba steps

1&2 Cross/step right over left, step left to left side, take weight onto right foot turning $\frac{1}{4}$ turn right (samba step)
3&4 Cross/step left over right, step right to right side, take weight onto left foot turning $\frac{1}{4}$ turn left (samba step)
5-6 Step right forward, pivot $\frac{1}{2}$ turn left taking weight onto left foot
&7&8 Step right forward, pivot $\frac{1}{2}$ turn left taking weight onto left foot (repeat)

Make these ball jacks soft

1&2 Cross/step right over left, step left to left side & slightly back, touch right heel at 45 degrees right (ball jack)
& Step down on right foot
3&4 Cross/step left over right, step right to right side & slightly back, touch left heel at 45 degrees left (ball jack)
& Step down on left where left heel is & face that diagonal turning 45 degrees left
5-6 Turn a further $\frac{1}{2}$ turn left stepping right foot back after turn & slightly sway left out to left side, step left back & slightly sway right to right side (should now be facing opposite diagonal)
7&8 Step right back, step left beside right, step right forward (coaster step)
& Step left forward turning $\frac{1}{2}$ turn right

Should now be facing original diagonal from ball jacks

1&2 Shuffle back right, left, right slightly raising left knee on count 2
3&4 Shuffle forward left, right, left turning $\frac{1}{4}$ turn left to face other corner on count 4
5&6 Step right slightly back, step left beside right, step right slightly forward
&7&8 Step left forward, pivot $\frac{1}{2}$ turn right, step left forward, pivot $\frac{1}{2}$ & 45 degrees turn right to start at new wall

REPEAT