

Better Off?

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Joerg Hammer (DE)
音乐: I'm from the Country - Tracy Byrd



HEEL TAPS, TOE TOUCHES, STOMP & HIP ACTION

- 1 Touch right heel forward
- & Step right foot next to left
- 2 Touch left heel forward
- & Step left foot next to right
- 3 Touch right toes to right side
- & Step right foot next to left
- 4 Touch left toes to left side
- & Step left foot next to right
- 5 Stomp right foot slightly forward and to the right side with weight still on left
- 6 Stomp right foot a little further to the right
- 7-8 Circle hips to the right from front to back

ROLLING VINE, POINT, BALL, CROSS

- 9 Step left foot to left side, making $\frac{1}{4}$ turn to left
- 10 Pivoting on left foot, swing right leg around to complete a $\frac{1}{2}$ turn left and place weight on right foot
- 11 Pivoting on right foot, swing left foot around to complete a $\frac{1}{4}$ turn left and place weight on left foot facing forward again
- 12 Cross right foot in front of left
- 13 Kick left to left side, toes pointing down
- & Rock back with ball of left foot, facing front
- 14 Cross right foot in front of left, still facing forward
- 15 Kick left to left side, toes pointing down
- & Rock back with ball of left foot, facing front
- 16 Cross right foot in front of left, still facing forward

PIVOT TURN, SLIDE, FAST GRAPEVINE

- 17 Step $\frac{1}{4}$ turn to the left
- 18 On the ball of the left foot, pivot $\frac{1}{2}$ turn to the right, put weight on right foot
- 19 Step left forward
- 20 Take a big step to the right, completing $\frac{1}{4}$ turn to the left, facing front again
- 21-22 Drag left foot next to the right foot
- 23 Cross left behind right
- & Step side right
- 24 Cross left in front of right

$\frac{3}{4}$ MONTEREY TURN, START ROLLING VINE

- 25 Touch right toes to right side
- 26 Pivot $\frac{3}{4}$ right on left foot & step right foot together
- 27 Touch left toes to left side
- 28 Step left next to right
- 29 Step forward on the right foot
- 30 Rock back on the left foot
- 31 Pivoting on the left foot, swing right leg around to complete a $\frac{1}{2}$ turn to the right and place weight on right foot

32 Pivoting on the right foot, swing left leg around to complete a ½ turn to the right and place weight on left foot

COMPLETE ROLLING VINE BACK, PIVOT TURN, RUNNING MAN

33 Pivoting on left foot, swing right leg around to complete a ½ turn right and place weight on right foot
34 Step forward on left foot
35 Step forward on right foot
36 On the ball of the right foot, pivot ½ turn to the left, put weight on left foot
37 Stomp right foot forward
& Scoot right foot back and lift left foot up and beside right calf at the same time
38 Stomp left foot forward
& Scoot left foot back and lift right foot up and beside left calf at the same time
39 Stomp right foot forward
& Scoot right foot back and lift left foot up and beside right calf at the same time
40 Stomp left foot forward
& Scoot left foot back and lift right foot up and beside left calf at the same time

BREAK PATTERN, STOMP, SNAKE, BODY ROLL

41 Stomp right foot diagonal (45 degree angle) right forward, cross your arms slightly and bring them out hip high as you stomp forward
42-44 Hold for count 42-44
45-46 Complete a side moving body roll diagonally forward
47-48 Complete a body roll back (with a 1/8 turn right of the upper body to face front again weight ending on left)

REPEAT

As you hit the end of the 7th wall there's a break in the music. You need to repeat the first 4 counts of the break pattern twice, first with the left foot, then again with the right foot and keep on going with count 45 after that and you are back in!
