

Better Than That

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Caroline James (AUS)
音乐: I Can Love You Better - The Chicks



STEP TURN TWICE, SHUFFLE, ROCK, HIP BUMPS

1-2 Turning ½ turn right step right to side, turning ½ turn right step left to side
3&4 Shuffle right-left-right to side
5-7 Step left behind right, rock forward onto right, step left to side
8-10 Hip bumps left-right-left

SAILOR STEP TWICE, STOMP, HEEL JACK

1&2 Cross right behind left, touch left to side & push off to land on right
3&4 Cross left behind right, touch right to side & push off to land on left
5&6 Stomp right together (taking weight), hold
&7&8 Jump back on left foot, tap right heel forward, jump together right-left (taking weight on right)

Optional: clap twice on beats &6

STEP TURN TWICE, SHUFFLE, ROCK, HIP BUMPS

1-2 Turning ½ turn left step left to side, turning ½ turn left step right to side
3&4 Shuffle left-right-left to side
5-7 Step right behind left, rock forward onto left, step right to side
8-10 Hip bumps right-left-right

SAILOR STEP TWICE, STOMP, HEEL JACK

1&2 Cross left behind right, touch right to side & push off to land on left
3&4 Cross right behind left, touch left to side & push off to land on right
5&6 Stomp left together (taking weight), hold
&7&8 Jump back on right foot, tap left heel forward, jump together left-right (taking weight on right)

Optional: clap twice on beats &6

ROCK, SHUFFLE, HIP SWINGS

1-2 Step forward left, rock back onto right
3&4 Turning ½ turn left shuffle forward left-right-left
5-6 Step right to side & swing hips to right-left
7-8 Swing hips right-left

Optional: in beats 5-8, body roll down for 2 beats, then up for 2 beats

REPEAT
