

Better Off Alone

拍数: 54 墙数: 4 级数: Beginner
编舞者: Sebastiaan Holtland (NL) - October 2007
音乐: Beter Off Alone - Katharina McPhee



Intro: 48 Counts - start on heavy beat when Katharine sings 'Tonight'

Start the dance to facing 12 O Clock

STEP FWD, 1/2 TURN, STEP BACK, BACK, COASTER STEP, STEP FWD, 1/2 TURN, STEP BACK, BACK, COASTER STEP

1-3 Lf step forward, 1/2 turn left, Rf stepping back, Lf stepping back (6:00)

4-6 Rf step back, Lf close next Rf, Rf step forward (6:00)

1-3 Lf step forward, 1/2 turn left, Rf step back, Lf step back (12:00)

4-6 Rf step back, Lf close next Rf, Rf step forward (12:00)

MAKE 1/4 BALANCE STEP FWD, ROCK / RECOVER, SWEEP, SIDE DRAG, BACK, TURNING BOX BACKWARDS

1-3 Step Lf forward commence to turn the left complete 1/4 turn left, Lf step to the left (3:00)

4-6 Rf cross rock forward Lf, Lf recover, Rf sweep Rf from front to back

1-3 Rf (step back), 1/8 turn right left foot step to the right side right foot recover (4:30)

4-6 Lf step back (4:30), Rf step to the right with 1/4 turn right, take weight onto Lf (12:00)

RUNNING BACK, BACK, BACK, KICK R FWD

1-2&3 Rf step back, running back R-L-R-L (12:00)

4-6 Rf Draw from front to back in 1 count, Rf kick forward out in 2 counts holding weight onto Lf (12:00)

Note: From here on the third wall you get a restart after the count 25 t/m 30 on count 30 step Rf next Lf, Start again with the first section.

STEP FWD, DRAG CLOSE HOLD, STEP SWEEP, 1/4 TURN, ENDING DIAGONALLY

1-3 Step forward on Rf, Lf drag, Lf step next Rf, HOLD, weight onto Rf (12:00)

4-6 Step forward on Lf, Rf sweep from back to front with 1/4 turn left, ending diagonally (7:30)

CROSS, SIDE, BEHIND, STEP 1/4 TURN, STEP 1/4 PENCIL TURN

1-3 (7:30) Step Rf across Lf, Lf step to the left, step Rf behind Lf (9:00)

4-6 Lf step forward with 1/4 turn left, Rf step forward, 1/4 turn left, take weight onto Lf (1:30)

SYNCOPATED WEAVE, CROSS, FULL TURN

1-2&3 Step Rf across Lf, Lf step to the left, step Rf behind Lf, Lf step to the left (3:00)

4-6 Step Rf across Lf, Rf+Lf make a full turn left, take weight onto Lf (3:00)

STEP FWD, SIDE DRAG, CROSS, 1/2 TURN

1-3 Lf step forward, Rf step to right, and drag with Lf, close Lf next Rf

4-5&6 Step Rf across Lf, Rf + Lf 1/4 turn left, Take weight on Rf (9:00)

REPEAT