

Better In Time

拍数: 32 墙数: 4 级数: Intermediate NC2 Step Style
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音乐: Better In Time - Leona Lewis



Intro: 32 Counts.

NIGHTCLUB BASIC RIGHT, SIDE, COASTER STEP, ROCK RECOVER, SWEEP, SAILOR ½ TURN.

1,2& Step right to right side. Rock left behind right. Recover on right.
3 Step left to left side.
4&5 Step right back. Step left beside right. Step right forward.
6,7 Rock forward on left. Recover on right sweeping left out to left side.
8&1 Making ½ turn left, cross step left behind right. Step right to right side. Step left in place.

SKATE, SKATE, ROCK, RECOVER ¼ RIGHT, RECOVER, & MONTEREY ½.

2,3 Skate forward right. Skate forward left. (6.00)
4&5 Rock forward on right. Recover on left. Making ¼ turn right rock right to right side. (9.00)
6& Recover on left. Step right beside left.
7,8 Point left to left side. Making ½ turn left, pivot on ball of right, stepping left in place. (3.00)

ROCKING CHAIR, STEP PIVOT ¾ TURN, NIGHTCLUB BASIC RIGHT, SIDE, SAILOR ¼ TURN RIGHT.

1&2& Rock forward on right. Recover on left. Rock back on right. Recover on left.
3,4 Step forward on right. Pivot ¾ turn left weight on left. (6.00)
5,6&7 Step right to right side. Rock left behind right. Recover on right. Step left to left side.
8&1 Making ¼ turn right, cross step right behind left. Step left to left side. Step right in place.

SKATE, SKATE, ROCK RECOVER, SWEEP, SAILOR ½ TURN, ROCK BACK, RECOVER.

2,3 Skate forward left. Skate forward right. (9.00)
4&5 Rock forward on left. Recover on right Sweep left out to left side.
6&7 Making ½ turn left, cross step left behind right. Step right to right side. Step left in place.
8& Rock right behind left. Recover on left.
