

Only Gets Better

拍数: 48 墙数: 4 级数: High Intermediate
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音乐: Keeps Gettin' Better - Christina Aguilera



Dance starts on vocals

(1-9) walk back, 1/2 turn, half chase turn, walk, 1/4 turn jazz, 1/4 weave

- 1-2 walk back on left, make a half turn to the right stepping forward on right
3&4 step forward on left, make a half turn to the right stepping forward on right, step forward on left
5 walk forward on right
6&7 cross left over right, step back on right while making a 1/4 turn to the left, step left to left
8&1 step right behind left, while making a 1/4 turn to left step forward on left, step right to right

(10-17) 3/4 turn, 1/2 turn, coaster, walks X2, rock recover cross

- 2-3 make a 3/4 turn over left shoulder stepping forward on left, make a half turn over left shoulder stepping back on right
4&5 step back with left, step together with right, step forward on left
6-7 walk forward on right, walk forward on left
8&1 rock right to right side, recover on left, cross right over left

(18-24) hitch, press, recover with 1/4, 3/4 turn, 1/2 turn, coaster

- 2-3-4 hitch left knee up, press down on left to left side, recover on right while making a 1/4 turn to left
5-6 make a 1/2 turn over left shoulder stepping forward on left, make a half turn over left shoulder stepping back on right
7&8 step back on left, step together with right, step forward on left

(25-32) heel grind, ball step, step with 1/4 turn, hold, ball step, 1/2 turn back, coaster

- 1&2 while stepping forward on right grind right heel, step on ball of left foot, step slightly back on right
&3-4 make a 1/4 turn to left stepping forward on left, step forward on right, hold
&5-6 step back on ball of right, step forward on left, make a 1/2 turn to left stepping back on right
7&8 step back on left, step together with right, step forward on left

(33-40) step, ball lift, recover, ball step, knee pops, step back, 1/2 turn drag

- 1-2 walk forward on right, lift heel of right bringing body up slightly
3&4 lower right heel, step back on ball of left, step forward on right
5-6 pop right knee forward, pop left knee forward as you straighten right knee
7-8 press off of left foot as you make a 1/2 turn to the right stepping forward on right, drag left next to right

(41-48) 1/4 turn Jazz, cross, 1/4, 1/2, 1/2

- 1-2 step forward on left, cross right over left
3-4 step back on left, make a 1/4 turn to right stepping right to right side
5-6 cross left over right, step back on right while making a 1/4 turn to left
(styling on 5-6, as you cross and step back slightly bend at knees and lower body)
7-8 make a 1/2 turn to left stepping forward on left, make a 1/2 turn to left stepping back on right
(styling on 7-8, raise up slightly on count 7 and fully on count 8. Think of it like this, you are walking down stairs on counts 5,6 and you are walking up on counts 7,8)

Have fun!!!!!!

