

Better Than You Left Me

拍數: 60 牆數: 4 級數: Intermediate
編舞者: Lam Lam (HK) - January 2015
音樂: Better Than You Left Me - Mickey Guyton



Intro : 36 counts

(1-3) Lunge Fwd, recover, Back, Back, 1/2L, Step together

123 Lunge /Press fwd on L (1), recover back on R (2), step back on L (3)
456 Step back on R(4), 1/2L step fwd on L (5), step R next to L (6) 6:00

(7 – 12) Fwd, 1/4L Point, , cross, 1/4R, 1/4R

123 Step L fwd(1) , make a 1/4 turn L point R to side(2), hold (3)
456 cross R over L (4), 1/4R step back on L (5), 1/4R step R to side 9:00

(13-18) Cross, point R, 3/4 monterey turn R, Point L

123 cross L over R(1), point R to side(2), hold (3)
456 Make 3/4 turn R bring R next to L (4), point L to side (5), hold (6) 6:00

(19-24) Weave, side R, drag

123 Cross L over R(1), step R to side(2), cross L behind R(3)
456 Step R to side(4), drag L towards R (5 ,6) 6:00

(25-30) 1/4L, shuffle 1/2L, 1/4L side lunge

1 2&3 Turn 1/4 L step fwd on L(1), 1/4L step R to side(2), cross L over R (&), 1/4L step back on R
456 1/4L lunge LF to side (4), hold (5,6) 6:00

(31-36) 1/4R, 1/2R, Back, Back, 1/2R, 1/4R point L to side

123 1/4R step fwd on R(1), 1/2R step back on L(2), step back on R(3),
456 step back on L (4), 1/2R step fwd on R (5) , 1/4R point L to side 12:00

(37-42) Cross rock side L, R

123 Cross rock L over R, (1), recover back on R(2), step L to side (3)
456 Cross rock R over L(4), recover back on L (5), step R to side(6), 12:00

(43-54) 3/4 diamond L

123 Cross L over R(1), step R to side(2), turn 1/8L stepping L back(3)
456 Step R back(4), turn 1/8L step L to side(5), turn 1/8L step R fwd(6)
123 cross L over R(1), turn 1/8L step R to side(2), turn 1/8L stepping L back(3)
456 Step R back(4), turn 1/8L step L to side(5), step R fwd(6) 3:00

(55-60) Step L, 1/2L, 1/2L, Fwd R, drag L towards R

123 Step L fwd, 1/2L step back on R, 1/2L step L fwd
456 Step R fwd, drag L towards R 3:00

Tag 1 : after wall 2

(1-12) Waltz Fwd L, Waltz back on R, 1/2L Waltz, Waltz back on R

123 Waltz fwd on L stepping LRL,
456 Waltz back on R stepping RLR
123 Step L fwd, 1/2L step on R, step L beside R
456 Waltz back on R stepping RLR

(13-24) Cross, Point R, Full Monterery turn R, Point L, cross, 1/4, 1/4, Fwd, drag

123 Cross L over R(1), Point R to side(2), hold(3)
456 Make a full turn R bringing R next to L(4), point L to side(5), hold(6)
123 cross L over R(1), 1/4L step back on R(2), 1/4L step L to side(3)
456 Step R fwd(4), drag L towards R (5 ,6)

Tag 2 : After Wall 4 , dance (1-12) of tag 1

(1-12) Waltz Fwd L, Waltz back on R, 1/2L Waltz, Waltz back on R

123 Waltz fwd on L stepping LRL,
456 Waltz back on R stepping RLR
123 Step L fwd, 1/2L step on R, step L beside R
456 Waltz back on R stepping RLR

Restart : on wall 5, dance to count 48, (step fwd R on count 48 without turning 1/8L), facing 3:00 restart from the beginning

Ending: on wall 7, dance the last 24 counts of the dance, change the last 3 counts to Fwd rock on R(4), recover back on L(5), 1/4R step R to R, drag L towards R, facing 12:00 end.

Contact: zoom2607@yahoo.com.hk
