Basically Better

級數: High Beginner

編舞者: Carol Cotherman (USA) - March 2015

音樂: Better Than You Left Me - Mickey Guyton

牆數:4

#36-Count Intro	
[1-12] Traveling	J Twinkles (2x), Cross, ¼ Turn, ¼ Turn, Twinkle
123	Cross right over left, step left to side, step right beside left
456	Cross left over right, step right to side, step left beside right
(These twinkles	are larger steps and travel forward.)
123	Cross right over left, 1/4 turn right stepping back on left, 1/4 turn right stepping right to side
(This turn is dor	ne almost in place.)
456	Cross left over right, step right to side, step left beside right (6:00)
[13-24] Repeat	1-12: Traveling Twinkles (2x), Cross, ¼ Turn, ¼ Turn, Twinkle
123	Cross right over left, step left to side, step right beside left
456	Cross left over right, step right to side, step left beside right
•	are larger steps and travel forward.)
123	Cross right over left, 1/4 turn right stepping back on left, 1/4 turn right stepping right to side
•	ne almost in place.)
456	Cross left over right, step right to side, step left beside right (12:00)
[25-36] Step, Po	oint, Hold, ¼ Turn Point, Hold, Cross, Back, Side, Cross, Back, ½ Turn
123	Step right forward, point left to side, hold (Slowly angle/pivot body towards right diagonal to 1:30 over counts 2-3.)
456	Step left forward (squaring up to 12:00), ¼ turn left pointing right to side (9:00) (Slowly angle/pivot body towards left diagonal to 7:30 over counts 5-6.)
123	Cross right over left, step left back (squaring up to 9:00), step right to side and slightly back,
456	Cross left over right (body angles toward right diagonal, 10:30), step right back (squaring up to 9:00), ¹ / ₂ turn left stepping forward on left (3:00)
[37-48] Repeat	25-36: Step, Point, Hold, ¼ Turn Point, Hold, Cross, Back, Side, Cross, Back, ½ Turn
123	Step right forward, point left to side, hold (Slowly angle/pivot body towards right diagonal to 4:30 over counts 2-3.)
456	Step left forward (squaring up to 3:00), ¼ turn left pointing right to side (12:00) (Slowly angle/pivot body towards left diagonal to 10:30 over counts 5-6.)
123	Cross right over left, step left back (squaring up to 12:00), step right to side and slightly back,
456	Cross left over right (body angles toward right diagonal to 1:30), step right back (squaring up with 12:00), $\frac{1}{2}$ turn left stepping forward on left (6:00)
[49-60] Step, St	tep, ¼ Turn, Cross, Side, Behind, Step, Drag, Rock, Recover, Step
123	Step right forward, step left forward, ¼ pivot turn right taking weight on right
456	Step left across right, step right to side, step left behind right
123	Large step to ride, drag left towards right over 2 counts
456	Rock left behind right, recover to right, step left forward to left diagonal (9:00)

REPEAT

Restart – Wall 3: Dance 24 counts and restart facing 6:00.

Ending – Wall 8: Starts facing 6:00. Dance 18 counts. You will be facing 12:00. Cross right over left for count 19, and strike a pose.

Last Update - 24th March 2015





拍數: 60