

Better Than You Left Me

拍數: 60 牆數: 2 級數: Intermediate waltz
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - August 2015
音樂: Better Than You Left Me - Mickey Guyton



Start after beat kicks in – 24 counts (19 secs) – [114bpm - Available: Amazon]

[1-6] □ L twinkle, L weave

1-3 Cross step L over R, step R side, step L together
4-6 Cross step R over L, step L side, cross step R behind L

[7-12] □ ¼ L, R fwd, ¼ L pivot turn, R cross step, ½ R hinge

1-3 Turning ¼ left step L forward, step R forward, pivot ¼ left (6 o'clock)
4-6 Cross step R over L, turning ¼ right step L back, turning ¼ right step R side (12 o'clock)

[13-18] □ Diagonal step L fwd, double kick fwd with R, R balance back

1-3 Step L forward, double kick with the R (facing front right diagonal)
4-6 Step R back, step L together, step R forward

[19-24] □ ½ L balance, R balance back

1-3 Step L forward turning ¼ left, turning ¼ left step R back, step L together (facing back right diagonal)

ENDING WALL 8: During wall dance until here and hold facing front to end.

4-6 Step R back, step L together, step R forward

RESTART WALL 3: During wall 3 dance up until here facing back wall and begin the dance again.

[25-30] □ Travelling fwd on R diagonal: L twinkle, R twinkle

1-3 Travelling forward and on right diagonal: Cross Step L forward, step R side, step L side
4-6 Cross step R forward, step L side, step R side

[31-36] □ L twinkle squaring to 6 o'clock, L weave 3

1-3 Cross step L over R, step R back, step L together (squaring to 6 o'clock)
4-6 Cross step R over L, step L side, cross step R behind L

[37-42] □ L side, R touch together, ¼ R, ½ R, ¼ R, L cross step

1-3 Step L side, touch R together, turning ¼ right step R forward
4-6 Turning ½ right step L back, turning ¼ right step R side, cross step L over R (6 o'clock)

[43-48] □ R side, L touch together, ¼ L, ½ L, ½ L, R forward

1-3 Step R side, touch L together, turning ¼ left step L forward
4-6 Turning ½ left step R back, turning ½ left step L forward, step R forward (3 o'clock)

[49-54] □ L fwd balance, ¼ L balance back

1-3 Step L forward, step R together, step L together
4-6 Turning ¼ left step R back, step L together, step R together (12 o'clock)

[55-60] □ ½ L balance, R balance back

1-3 Step L forward turning ¼ left, turning ¼ left step R back, step L together
4-6 Step R back, step L together, step R forward (6 o'clock)

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