

Is Better

拍數: 64 牆數: 1 級數: Intermediate
編舞者: Roberto Bresciani (IT) - September 2017
音樂: Better Than This - Dan Johnson & Salt Cedar Rebels



(Dedicated to my daughter Roxy & my girlfriend Laura)

Start with lyric

(S1) Slap, Kick, Hook, Kick, Stride, Slide, Stomp Up, Stomp

1-2 Flick Right To Right Side & Slap With Right Hand, Kick Right Forward
3-4 Hook Right Over Left, Kick Right Forward
5-6 Long Step Right Back, Drag Left Beside Right
7-8 Stomp Up Left Beside Right, Stomp Left Forward

(S2) Heels Fan Left, Swivel Turn 1/4 Right, Kick Right Diagonally, Sailor Step Turn 1/4 Right, Scuff Left

1-2 Fan Heels To Left Side, Return Heels To Centre
3-4 Fan Heels To Left Making 1/4 Turn Right, Kick Right Diagonal Forward
5-6 Cross Right Behind Left, Step Turn Left 1/4 Right,
7-8 Step Right Forward, Scuff Left Beside Right

(S3) Rocking Chair, Full Turn Right, Stomp, Stomp

1-2 Rock Left Forward, Return Onto Right
3-4 Rock Left Back, Return Onto Right
5-6 Step Left Turn 1/2 Right, Step Right Turn 1/2 Right
7-8 Stomp Left, Stomp Right Beside Left

(in coreo closure: 7-8 Stomp Left, Stomp Up Right Beside Left + 1 Stomp Right Forward)

(S4) Swivel Right, Swivel Left, Kick Right, Kick Left

1-2 Taking Weight Onto Right Heel & Left Toe Swivel Both Toes To Right, Return to Centre
3-4 Taking Weight Onto Left Heel & Right Toe Swivel Both Toe To Left, Return To Centre
5-6 Kick Right Forward, Step Right Beside Left
7-8 Kick Left Forward, Step Left Beside Right

(S5) Cross, Taking Weight Onto Left Swivels 1/2 Turn Left

1-2 Cross Right Over Left, Fan Right Heel To Left Side & Turn 1/8 Left,
3-4 Fan Right Toe To Left Side, Fan Right Heel To Left Side & Turn 1/8 Left
5-6 Fan Right Toe To Left Side, Fan Right Heel To Left Side & Turn 1/8 Left
7-8 Fan Right Toe To Left Side, Fan Right Heel To Left Side & Turn 1/8 Left

(S6) Step, Lock, Step, Scuff, Grapevine, Point

1-2 Step Right Forward, Close Left Over Right
3-4 Step Right Forward, Scuff Left Beside Right
5-6 Step Left To Left Side, Cross Right Behind Left
7-8 Step Left To Left Side, Touch Right Toe To Right Side

(S7) Full Turn Right, Scuff Left, Grapevine, Scuff

1-2 Step Turn Right 1/4 Right, Step Turn Left 1/2 Right
3-4 Step Turn Right 1/4 Right, Scuff Left Beside Right
5-6 Step Left To Left Side, Cross Right Behind Left
7-8 Step Left To Left Side, Scuff Right Beside Left

(S8) Kick, Kick, Point, Hook, Rock Recover, Rock Recover

- 1-2 Kick Twice Right Forward
- 3-4 Touch Right Toe To Right Side, Hook Right Beside Left
- 5-6 Jumping Rock Right Back, Return Onto Left
- 7-8 Jumping Rock Right Back, Return Onto Left

Restart after 32 count at 4 wall (S4, 4 sequence)

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