

Know You Better

拍數: 32 牆數: 4 級數: Improver
編舞者: Roy Verdonk (NL) & Ivonne Verhagen (NL) - July 2019
音樂: Know You Better - FÄIS



Dance starts on vocals after 16 counts

SECTION 1: RIGHT DOROTHY, LEFT DOROTHY, MAMBO FORWARD, MAMBO BACK

1,2& RF step diagonally forward right, LF lock behind right, RF step diagonally forward
3,4& LF step diagonally forward left, RF lock behind left, LF step diagonally forward
5&6 RF rock forward, LF recover on LF, RF step back
7&8 LF rock back, RF recover on RF, LF step forward

SECTION 2: PIVOT ½ LEFT, OUT, OUT, IN, IN, ¼ TURN RIGHT, CROSS SHUFFLE, ½ TURN LEFT, CROSS SHUFFLE

1,2 RF step forward, ½ turn left (end weight on LF) (6h)
3&4& RF step diagonal out, LF step diagonal out, RF step centre, LF step centre
&5&6 ¼ turn right, RF cross over LF, LF step to left side, RF cross over (9h)
&7&8 ½ turn left, LF cross over RF, RF step to right side LF cross over (3h)

** Restart in walls 4 & 8

SECTION 3: SIDE, BACK ROCK, SIDE, BEHIND, SIDE, CROSS ROCK STEP, WEAWE ¼ TURN LEFT

1,2& Step R to R Side, Rock Back on L, Recover on R
3,4& Step L to L Side, RF cross behind LF, LF step to L side
5,6 RF cross rock over LF, LF recover
&7&8 RF step on ball of RF, LF cross over RF, RF step side, ¼ turn left & LF step back (12h)

SECTION 4: COASTER STEP, MAMBO ½ TURN LEFT, KICK BALL TOUCH, & STEP ¼ TURN

1&2 RF step back, LF close to RF, RF step forward
3&4 LF rock forward, ½ turn left & recover on RF, LF step forward (6h)
5&6 RF kick forward, RF step on RF, LF touch toe forward (bend right knee)
&7&8 LF weight on LF, RF step forward, ¼ turn left (weight ends on LF) (3h)

** Restart in wall 4 & 8 after count 16

Have Fun!

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