

Gets Better

拍數: 64 牆數: 2 級數: Easy Intermediate
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音樂: Better - Now United



Intro: 16 count

S1. FORWARD SHUFFLE, MAMBO TURN 1/2 RIGHT, SHUFFLE TURN 1/2 RIGHT

1&2 Step R forward - Step L together - Step R forward (12:00)
3&4 Step L forward - Step R together - Step L forward
5&6 Rock R forward - Recover on L - Turn 1/2 right step R forward (6:00)
7&8 Turn 1/4 left step L to side - Step R together - Turn 1/4 right step L back (12:00)

S2. ANCHOR STEP WITH HITCH, ANCHOR STEP, COASTER STEP, FORWARD SHUFFLE

1&2 Rock R back - Recover on L - Step R in place and hitch L knee up
3&4 Rock L back - Recover on R - Step L in place (12:00)
5&6 Step R back - Step L together - Step R forward
7&8 Step L forward - Step R together - Step L forward (12:00)

S3. SIDE MAMBO R & L, SYNCOPATED CROSS SHUFFLE

1&2 Rock R to side - Recover on L - Step R together (12:00)
3&4 Rock L to side - Recover on R - Step L together
5&6& Cross R over L - Step L to side - Cross R over L - Step L to side (12:00)
7&8 Cross R over L - Step L to side - Cross R over L (12:00)

S4. SIDE MAMBO L & R, SYNCOPATED CROSS SHUFFLE

1&2 Rock L to side - Recover on R - Step L together (12:00)
3&4 Rock R to side - Recover on L - Step R together
5&6& Cross L over R - Step R to side - Cross L over R - Step R to side
7&8 Cross L over R - Step R to side - Cross L over R (12:00)

S5. SIDE CHASSE, TOUCH, SYNCOPATED DIAGONAL BACK, TOUCH, SIDE

1&2& Step R to side - Step L together - Step R to side - Touch L together (12:00)
3&4& Step L to side - Step R together - Step L to side - Touch R together
5&6& Step R diagonal back - Touch L together - Step L diagonal back - Touch R together
7&8 Step R diagonal back - Touch L together - Step L to side (12:00)

S6. FUNKY WALK FORWARD R-L-R-L, FORWARD MAMBO WITH DRAG, CHUG TURN 1/8 LEFT (2X)

1-4 Step R forward - Step L forward - Step R forward - Step L forward (12:00)
5&6 Rock R forward - Recover on L - Long step R back and drag L toward R
7-8 Turn 1/8 left chug L to side - Turn 1/8 left chug L to side (9:00)

Note : When doing the walk forward R, L, R, L, do with the funky way

S7. SAILOR STEPS, ANCHOR STEP, COASTER STEP

1&2 Cross L behind R - Step R to side - Step L to side (9:00)
3&4 Cross R behind L - Step L to side - Step R to side
5&6 Rock L back - Recover on R - Step L in place
7&8 Step R back - Step L together - Step R forward (9:00)

S8. RUN MAKE A CURVE 1/4 TURN RIGHT, TURN 1/2 RIGHT STEP FORWARD, FORWARD, SYNCOPATED JAZZ BOX, SYNCOPATED JAZZ BOX, TOGETHER

1&2 Turn 1/8 right step L forward - Turn 1/8 right step R forward - Step L forward (12:00)
3-4 Turn 1/2 right step R forward - Step L forward (6:00)

5&6 Cross R over L - Step L back - Step R to side
7&8 Cross L over R - Step R back - Step L together (6:00)

REPEAT

BRIDGE (4 Count) : On wall 5 after 32 count

1-4 Step R to side push R hand with finger fist up in the air - Hold - Pull down hand to your chest
(Weight on L) - Hold

For more info about step sheet & song, please contact:

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