

# Better Days For All

拍數: 64      牆數: 2      級數: High Improver  
編舞者: Ann-Kristin Sandberg (NOR), Darren Tubridy (UK), Rob Fowler (ES) & I.C.E.  
(ES) - March 2021  
音樂: Better Days (feat. Lucas Gienow) - Morning Feelz



**Intro: 24 counts (approx. 14 secs) (NO Tags or Restarts)**

## **S1 Cross, Back & Cross, Side, Knee Pop In, ¼ L, L Kick Ball Step**

1,2&      Cross right over left, step back on left, step right next to left (&)  
3,4      Cross left over right, step right to right side  
5,6      Pop left knee in, pop left knee out and make ¼ turn left (keep weight on right) 9:00  
7&8      Kick left forward, step left to right (&), step forward right

## **S2 Step L, Step R, Pivot ½ L, Step R, Step L, Pivot ½ R, Step L, Side Rock, Recover**

1,2      Step forward left, step forward right  
3,4      Make ½ turn left (weight forward on left), step forward right 3:00  
5,6      Step forward left, make ½ turn right (weight forward on right) 9:00  
7&8      Step forward left, rock right out to right side (&), recover weight on left

## **S3 Cross R, Side L, Hinge ½ R, Point L, ¼ L, ½ L, ½ L Shuffle**

1,2      Cross right over left, step left to left side  
3      Pull right shoulder back making ½ turn right stepping right to right side 3:00  
4      Point left toe to left side  
5,6      Make ¼ turn left stepping forward left, make ½ turn left stepping back right 6:00  
7&8      Make ½ turn left stepping forward left, step right next to left (&), step forward left 12:00

## **S4 Rock, Recover, R Shuffle Back, L Coaster, R Kick Ball Cross**

1,2      Rock forward right, recover on left  
3&4      Step back right, step left next to right (&), step back right  
5&6      Step back left, step right next to left (&), step forward left  
7&8      Kick right forward, step right next to left (&), cross left over right 12:00

## **S5 Side R, Drag L, Step L, Cross R, Side L, Touch R, Unwind ¾ R, L Kick Ball Cross**

1,2      Long step right to right side, drag left towards right  
&3,4      Step left next to right (&), cross right over left, step left to left side  
5,6      Touch right behind left, unwind ¾ turn right (weight on right) 9:00  
7&8      Kick left forward, step left next to right (&), cross right over left

## **S6 Side Rock, Recover, Behind L, ¼ R, Step L, Pivot ¼ R, Cross Shuffle**

1,2      Rock left to left side, recover on right  
3,4      Step left behind right, make ¼ turn right stepping forward right 12:00  
5,6      Step forward left, make ¼ turn right (weight on right) 3:00  
7&8      Cross left over right, step right to right side (&), cross left over right

## **S7 Side Rock, Recover, Behind R, ¼ L, R Jazz Box**

1,2      Rock right to right side, recover on left  
3,4      Step right behind left, make ¼ turn left stepping forward left 12:00  
5,6,7,8      Cross right over left, step back left, step right to right side, step forward left

## **S8 Rock, Recover, ½ R Shuffle, Rock, Recover, Triple Full Turn L**

1,2      Rock forward right, recover on left

3&4            Make ½ turn right stepping forward right, step left next to right (&), step forward right 6:00  
5,6            Rock forward left, recover on right  
7&8            Make a triple full turn left (on the spot) stepping left, right (&), left  
**(non-turn option: left coaster)**

**Start Over**

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