

Better Days Are Coming!

拍數: 32 牆數: 4 級數: Improver
編舞者: Sisters Buttons (LAT) - September 2021
音樂: Better Days - Dermot Kennedy



INTRO: 16 counts, start on the lyric "better days"

TOUCH FORWARD, TOUCH SIDE, ¼ TURN R COASTER STEP, TOUCH FORWARD, TOUCH SIDE, ¼ TURN L COASTER STEP

1-2 Touch RF forward, touch RF side
3&4 Turn a ¼ turn right as you step back on RF, step LF beside RF, step forward RF
5-6 Touch LF forward, touch LF side
7&8 Turn a ¼ turn left as you step back on LF, step RF beside LF, step forward LF

ROCK STEP, ½ SHUFFLE TURN RIGHT, CROSS, SIDE, BEHIND SIDE CROSS

1-2 Rock RF forward, recover onto LF
3&4 Step RF ¼ turn right, step LF beside RF, step RF ¼ turn right (6:00)
5-6 Cross LF in front of RF, step RF to right side.
7&8 Cross LF behind RF, step RF to right side, cross LF in front of RF.

SIDE ROCK, RECOVER, CROSS SHUFFLE, TURN ¼ RIGHT, SHUFFLE FORWARD

1-2 Rock RF to right side, recover onto LF
3&4 Cross RF over LF, step LF to side, cross RF over LF
5-6 Turn ¼ right and step LF back, turn ½ right and step RF forward (3:00)
7&8 Shuffle forward stepping LF-RF-LF

ROCK STEP, SHUFFLE BACK, ROCK STEP BACK, SHUFFLE FORWARD

1-2 Rock forward on RF, recover onto LF
3&4 Shuffle back stepping RF-LF-RF
5-6 Rock back on LF, recover onto RF.
7&8 Shuffle forward stepping LF-RF-LF

Hope you enjoy the dance.
