

Better Days

拍數: 32 牆數: 4 級數: Improver
編舞者: Kate (KOR) - October 2021
音樂: Better Days - NEIKED, Mae Muller & Polo G



Intro : 16 Counts

Ready Posture : Standing facing the 9 o'clock and looking the the right (12:00)
It's the starting pose for every wall.

(S1) Rock Recover Together Hip Sway L R, Rock Recover Together Hip Sway R L

1-2 Rock Rf fwd(1), Recover weight Lf(2) 12:00
3&4 Step Rf next to Lf(3), Hip sway Lf(&), Hip sway Rf(4)
5-6 Turn L diagonally ↖ Rock Lf fwd(5), Recover weight Rf(6)
7&8 Step Lf next to Rf(7), Hip sway Rf(&), Hip sway Lf(8)

(S2) Sailor x2, Together Hip Sway L R Hold

1&2 Cross Rf behind Lf(1), Step Lf next to Rf(&), Step Rf side R(2)
3&4 Cross Lf behind Rf(3), Step Rf next to Lf(&), Step Lf side L(4)
5-6 Step Rf next to Lf, weight onto R(5), Hip sway Lf(6)
7-8 Hip sway Rf(7), Hold(8) weight onto R

(S3) Fwd Touch Side Touch x2, Body Wave, Slide Together Touch

1-2 Touch Lf in front of Rf(1), Touch Lf side L(2)
3-4 Touch Lf in front of Rf(3), Touch Lf side L(4)
5-6 Body wave R→L weight onto L (5-6)
7-8 Slide Rf side R(7), Touch Rf next to Lf(8)

Optional Styling : **Stretch your right arm across your chest to the left.**
Put your Left arm above your head. (7-8)

(S4) Kick Together Kick, Behind Side Cross, Hip Sway R L R Side

1&2 L diagonally Kick Rf(1), Step Rf next to Lf(&), Kick Lf(2)
3&4 Step Lf Behind Rf(3), Step Rf side R(&), Cross Rf over Lf(4)
5-6 Step Rf side R with Lf knee out(5), Recover Lf with Rf knee out(6)
7-8 Recover Rf together touch Lf(7), Step Lf side L(8)

Use the left leg hinge turn(1/4 turn L) to move on to the next wall.

Bridge & Restart : After 32 counts of wall 3, dance the 16 counts bridge. 6 o'clock

(S1) Walk x3, Jump, Apple Jack, Jump

1234 Step Rf fwd(1), 1/4 L Turn Step Lf fwd(2), 1/4 L Turn Step Rf fwd(3) Jump both feet(4)
5&6& Hold(5), Swivel L toes to L & Swivel R heel to L(&), Recover in centre(6) Swivel R toes to R &
Swivel L heel to R(&)
7&8 Recover in centre(7), Swivel L toes to L & Swivel R heel to L(&) Jump both feet together(8)

(S2) Cross Cross Back Point, Arm Move Side

1-2 Cross Rf over Lf(1), Cross Lf over Rf(2)
3-4 Step Lf slight back(3), Cross point Lf over Rf(4)
567 Stretch your Left arm from bottom to top 3 counts(567)
8 Step Lf side L(8)

Happy Dancing!!

Last Update - 24 Oct. 2021

