

Better Days

拍數: 48 牆數: 2 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - February 2022
音樂: Better Days - Dermot Kennedy : (Spotify)



(Dance starts on lyrics/16 counts intro)

[S1] Hitch, Point, 1/4L w/ Sweep, Behind-Point, Cross-Side Lunge, Recover, Behind-1/4R-Fwd-Together

1 2 Hitch R knee up, Point R to the side
3 4& Make a 1/4 turn left stepping back on R sweeping L around, Step L behind R, Point R to the side (9:00)
5 6 Cross R over L, Step L to the side /lunge left
7&8& Step L behind R, Make a 1/4 turn right stepping forward on R, Step forward on L, Step R together (12:00)

[S2] Back, Back-1/4R-Cross-Side, Behind Rock, 1/4L-1/2L-1/2L-

1 2& Step back on L, Step back on R, Make a 1/4 turn right stepping R to the side (3:00)
3&4 Cross L over R, Step R to the side, Rock L behind R
5 6 Replace weight on R, Make a 1/4 left stepping forward on L (12:00)
7 8 Make a 1/2 turn left stepping back on R, Make a 1/2 turn left stepping forward on L (12:00)

[S3] -1/4L Basic NC2 Step, 1/4L Side, Back Rock, Side, Back Rock-1/4L-3/8L

1 2& Make a 1/4 turn left stepping R to the side, Rock L behind R, Recover weight on R (9:00)
3 4& Step L to the side, Rock R behind L, Recover weight on L
5&6 Make a 1/4 turn left stepping R to the side, Rock back on L, Recover weight on R
7&8 Step L to the side, Rock back on R, Recover weight on L
&1 Make a 1/4 turn left stepping back on R, Make a 3/8 turn left stepping forward on L (10:30)

[S4] Fwd Rock-Back, Back-Together-Fwd w/ 3/8R, Run Fwd into Spiral 3/4L-Fwd

2&3 Rock forward on R, Replace weight on L, Step back on R
4&5 Rock back on L, Step R together, Step forward on L making a swift 3/8 turn right (3:00)
6& Step forward on R, Step forward on L
7 8 Step forward on R making a 3/4 spiral turn left, Step forward on L** (6:00)

[S5] 1/8L Fwd Rock-&-Paddle 1/4R, Weave 1/4R-Fwd Rock-&-Fwd-

1 2& Making a 1/8 turn left rock forward on R, Replace weight on L, Step R next to L (4:30)
3&4& Step forward on L, Make a 1/4 turn right recover weight on R, Cross L over R, Step R to the side (7:30)
5&6 Step L behind R, Make a 1/4 turn right stepping forward on R, Rock forward on L (10:30)
7&8 Replace weight on R, Step L next to R, Step forward on R

[S6] -Pivot 1/4L, Weave 1/4L-Fwd Rock-1/8R, Cross-R Full Unwind, Side Rock

1 2& Make a 1/4 turn left recover weight on L, Cross R over L, Step L to the side (7:30)
3& Step R behind L, Make a 1/4 turn left stepping forward on L (4:30)
4 5& Rock forward on L, Replace weight on R, Make a 1/8 turn right stepping R to the side (6:00)
6 7 Touch across L over R, Make a full unwind turn right weight ends L (6:00)
8& Rock R to the side, Replace weight on L

Repeat at the end of Wall 4 (12:00) and Wall 6 (12:00)

Repeat the last 2 sections of the dance (S5 - S6)

Restart on Wall 5 count 32** (6:00)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com) (updated: 1/Feb/22)
