

# Better Man

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: James A. Colclasure Jr. (USA) - September 2022  
音樂: Better Man - Graham Scott Fleming



## #12 count intro / 1 Tag

### CROSS, SWEEP, STEP, DRAG, STEP

1,2,3      Cross R over L (1), Sweep L to front and over R (2,3)  
4,5,6      Cross L over R (4), Drag R to R (5), Step R to R (6) (12:00)

### CROSS, SWEEP, STEP,

1,2,3      Cross R behind L (1), Sweep R to back and behind L (2,3)  
4,5,6      Cross L behind R (4), Drag L to L (5), Step L to L (6) (12:00)

### STEP, DRAG (3X), ROCK, RECOVER, STEP BACK

1,2,3      Step R forward (1), Slowly bring L forward, passing R (2,3)  
4,5,6      Step L forward (4), Slowly bring R forward, passing L (5,6)  
1,2,3      Step R forward (1), Slowly bring L forward, passing R (2,3)  
4,5,6      Rock L forward (4), Recover onto R (5), Step L back (6) (12:00)

### ¼ RIGHT, TURN UPPER BODY, ½ LEFT, SWEEP

1,2,3      Turn ¼ R, stepping R to R (1) (3:00), Slowly turn upper body towards 4:30 (2,3)  
4,5,6      Turn ½ L, stepping L in place (4), Sweep R to front over R (5,6)

### CROSS, HOLD, L ROCK, ¼ RIGHT, HOLD

1,2,3      Cross R over L (1), Hold (2,3)  
4,5,6      Rock L to L (4), Turn ¼ R, stepping R forward (5), Hold (6)

### ROCK, ½ LEFT, HOLD

1,2,3      Rock L forward (1), Recovery onto R (2) Slowly turn ½ L (3)  
4,5,6      Step L forward (4), Sweep R to front and over L (slightly over rotate to 4:30) (5,6)

### SLOW ROCK RECOVER, 5/8 RIGHT, STEP

1,2,3      Slow rock forward on R (1,2), Recover onto L (3)  
4,5,6      Turn 5/8 R to 10:30, stepping R forward (4), Slowing bring L to R (5), Step L forward (6)

(To start dance over make a ½ turn to the right stepping forward on right foot and sweeping left foot around.)

### TAG:

1,2,3      Step forward on L (1), Slowly sweep R around to front (2,3)  
4,5,6      Step forward on R (4), Slowly sweep L around to front taking weight on L, (5,6)