

Better Day

拍數: 64 牆數: 2 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - January 2023
音樂: Kernkraft 400 (A Better Day) - Topic & A7S : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(8 counts intro)

[S1] Step-Scuff Box Step, Step-Scuff Box 1/4L

1 2& Step forward on R, Scuff forward on L, Cross L over R
3 4 Step back on R, Step L to the side
5 6& Step forward on R, Scuff forward on L, Cross L over R
7 8 Make a ¼ turn left stepping back on R (9:00), Step L to the side

[S2] Fwd Rock-1/2R Shuffle Fwd, 1/4R Back-Lock-Back, 1/4R, Cross

1 2 Rock forward on R, Replace weight on L making a ½ turn right (3:00)
3&4 Shuffle forward on R-L-R
5&6 Make a ¼ turn right stepping back on L (6:00), Lock/cross R over L, Step back on L
7 8 Make a ¼ turn right stepping R to the side (9:00), Cross L over R

[S3] Side, Kick-Ball-Cross-Side-Kick-Ball-Cross, 1/4L, 1/4L-&-Side Rock

1 2& Step R to the side, Kick diagonally forward on L, Step L in place
3&4& Cross R over L, Step L to the side, Kick diagonally forward on R, Step R in place
5 6 Cross L over R, Make a ¼ turn left stepping back on R (6:00)
7& Make a ¼ turn left stepping L to the side (3:00), Step R next to L
8& Rock L to the side, Replace weight on R

[S4] Sailor Step L-R, Touch-Unwind 1/2L, Step-Pivot 1/4L

1&2 Step L behind R, Step R to the side, Step L to the side
3&4 Step R behind L, Step L to the side, Step R to the side
5 6 Touch L behind R, Make a 1/2L unwind turn weight ends on L (9:00)
7 8 Step forward on R, Make a ¼ turn left recover weight on L (6:00)

Restart and Tag here on Wall 3 (6:00) - add V step

[S5] Push Rock Fwd-Back-Fwd-Back-&, Push Rock Fwd-Back-Fwd-Back Rock

1 2 Step forward on R (rock forward on R), Replace weight on L
3 4& Step forward on R (rock forward on R), Replace weight on L, Step R next to L
5 6& Step forward on L (rock forward on L), Replace weight on R, Step forward on L (rock forward on R)
7 8 Replace weight on R (rock back on R), Replace weight on L

[S6] Fwd, Step-Pivot 1/2R, 1/2R, 1/2R, 1/4R, Hold, Behind-Side-Cross Rock

1 2& Step forward on R, Step forward on L, Make a ½ turn right recover weight on R (12:00)
3 4 Make a ½ turn right stepping back on L, Make a ½ turn right stepping forward on R (12:00)
5 6 Make a ¼ turn right stepping L to the side (3:00), Hold
7&8& Step R behind L, Step L to the side, Rock/cross R over L, Replace weight on L

[S7] Side, Hold-&, 1/4R-Samba-Cross Rock, 1/4L Shuffle Fwd, Side Rock w/Hitch

1 2& Step R to the side, Hold, Step L next to R
3&4 Make a ¼ turn right stepping forward on R (6:00), Rock L to the side, Replace weight on R
&5 Rock/cross L over R, Replace weight on R
6&7 Make a ¼ turn left stepping forward on L (3:00), Step R close to L, Step forward on L

&8 Rock R to the side, Replace weight on L/hitch R knee

[S8] 1/4L Side Rock-&, Side Rock-&, Touch Cross-Side, Sailor 1/2R Turn w/ Touch

1 2& Make a ¼ turn left stepping (rock) R to the side (12:00), Replace weight on L, Step R together

3 4& Rock L to the side, Replace weight on R, Step L together

5 6 Touch/cross R over L, Touch R to the side

7&8 Making a ½ turn right step R behind L (6:00), Step L beside R, Touch R next to L

Restart and Tag on Wall 3 count 32 (6:00) - add V step (4 counts tag)

1 2 3 4 Step diagonally forward on R, Step diagonally forward on L, Return R to the centre, Return L to the centre

Ending suggestion: The last wall starts facing 6:00. Dance up to Section 4 count 8 (12:00).

(updated: 4/Jan/23 [2])
