

A Better Place

拍數: 48 牆數: 2 級數: Phrased Improver
編舞者: Patricia Soran (AUT) - October 2023
音樂: Better Place - NSYNC & Justin Timberlake



INTRO: 16 Counts (Start with lyrics after whistle)
PHRASING: AAAA, BB, A, B, AA, BB, AA, TAG, BB

PART A (16 Counts)

Counts 1-8: CROSS-SWEEP R+L, CROSS R, 2x ¼-TURN R, POINT L

- 1-2 Cross RF over LF; Sweep LF from back to front
- 3-4 Cross LF over RF; Sweep RF from back to front
- 5-6 Cross RF over LF; ¼-turn right (3.00) and step back with LF
- 7-8 ¼-turn right (6.00) and step to side with RF; Point LF to side

Counts 9-16: ROLLING VINE, JAZZ BOX

- 1-4 ¼-turn left (3:00) and step fwd. with LF; ½-turn left (9:00) and step back with RF; ¼-turn left (6:00) and step to side with LF; Point RF to side
- 5-8 Cross RF over LF; Step back with LF; Step to side with RF; Step fwd. with LF

Note: Music in Part A is slowly getting faster during 3th and 4th repetition....

PART B (32 Counts)

Counts 1-8: Diagonal fwd., Step together, Bounce – R+L, ¼-turn left and Step-Touch R+L

- &1&2 Small step diagonally fwd. with RF; Step together with LF (weight on both feet); Bounce: Lift heels slightly; Drop heels and transfer weight on RF – for an easier option step diag. fwd. and touch LF near RF
- &3&4 Repeat reversed: Small step diagonally fwd. with LF; Step together with RF (weight on both feet); Bounce: Lift heels slightly; Drop heels and transfer weight on LF – for an easier option step diag. fwd. and touch RF near LF
- 5-8 ¼-turn left (9:00) and step RF to side; Touch LF to side; Step on LF; Touch RF to side

Counts 9-16: CROSS BEHIND R, ¼-TURN LEFT, ¼-TURN LEFT INTO SLIDE, SAILOR STEP, CROSS BEHIND R, POINT L

- 1-2 Cross RF behind LF; ¼-turn left (6:00) and step LF fwd.
- 3-4 ¼-turn left (3:00) and slide RF to side
- 5&6 Cross LF behind RF; Small step to side with RF; Side step with LF
- 7-8 Cross RF behind LF; Point LF to side

Counts 17-24: ¼-TURN WITH HOOK L, STEP FWD., ¼-TURN L WITH HEEL BOUNCE, COASTER STEP, WALK FWD. R+L

- 1-2 ¼-turn left (12:00) and hook LF; Step fwd. with LF
- 3&4 Step fwd. with RF (weight on both feet); Lift both heels; ¼-turn left (9:00), drop heels and transfer weight on RF
- 5&6 Step back with LF; Step together with RF; Step fwd. with LF
- 7-8 Step fwd. with RF; Step fwd. with LF

Counts 25-32: ¼-TURN L INTO SIDE-CROSS, HOLD, POINT, ½-SPIRAL-TURN R, ½-CIRCLE WALK

- &1-2 ¼-turn left (6:00) and small step to side with RF (&); Cross LF over RF (1); Hold (2)
- 3-4 Point RF to side; ½-Spiral-Turn right (12:00) – weight still on LF
- 5-8 ½-Circle right (6:00) with walk RF+LF+RF+LF

TAG (8 Counts)

FULL CIRCLE: 4x WALK, 3x RUN, SLIDE FWD. L

- 1-4 Start a full circle right: Walk RF+LF+RF+LF

5&6

Continue the circle: Run RF+LF+RF

7-8

End the circle at 12:00 with a slide fwd. with LF

HAPPY DANCING!

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