

Better Me

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Hiroko Carlsson (AUS) - December 2023
音樂: Better Me - Michael Schulte & R3HAB : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(Intro: 32 counts)

[S1] Back, Lock-Back, Back, Lock-Back, Back Rock, Fwd, Fwd

1 2& Step diagonally back on R, Lock step L over R, Step back on R
3 4& Step diagonally back on L, Lock step R over L, Step back on L
5 6 Rock back on R, Replace weight on L
7 8 Step forward on R, Step forward on L

[S2] Dorothy R-L, Step-Pivot 1/2L, Step-Pivot 1/4L

1 2& Step diagonally forward on R, Lock step L behind R, Step diagonally forward on R
3 4& Step diagonally forward on L, Lock step R behind L, Step diagonally forward on L
5 6 Step forward on R, Make a ½ turn left recover weight on L (6:00)
7 8 Step forward on R, Make a ¼ turn left recover weight on L (3:00)

- Restart here on Wall 5

[S3] Semicircle Walk R w/ Weight Switch, 3/4L Circle Walk

1 2 3 Walk on R-L-R making half turn over right shoulder (9:00)
4& Step forward on L, Switch weight on R
5 6 7 8 Walk on L-R-L-R making ¾ turn over left shoulder (12:00)

[S4] Fwd Rock, Coaster Step, 1/2R, Hold, Ball-1/4R Side, Touch

1 2 Rock forward on L, Replace weight on R
3&4 Step back on L, Step R next to L, Step forward on L
5 6& Make a swift ½ turn right weight ends on L (6:00), Hold, Ball step R next to L
7 8 Make a ¼ turn right stepping L to the side (9:00), Touch R next to L

Restart on Wall 5 count 16 (3:00)

Ending suggestion: The last Wall starts facing 12:00. Dance up to section 2 count 6 (6:00),
Step forward on R (7), Make a ½ turn left recover weight on L (8) (12:00)

(updated: 12/Dec/23)