

From Good to Better

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Sheri Loraine (USA) - January 2024
音樂: In The Weather - Chris August



No Intro. Starts right away with lyrics (you may miss the 1st 2 counts, so start at count 3 with the second side tap.

[1-8]: Side R, Tap, Side L, Tap, Ball Cross, Unwind, Walk, Walk

- 1-2 Step side R [1]. Tap L next to R [2]. 12:00
3-4 Step side L [3]. Tap R next to L [4]. 12:00
&5-6 Small step/hop side on ball of R [&]. Step L across R [5]. Unwind ½ turn right ending with weight on L [6]. 6:00
7-8 Walk forward R [7]. Walk forward L [8]. 6:00

Optional Arms for counts 1-4 above: Sway your hands with your elbows slightly bent moving them to the right for counts 1-2, then left for counts 3-4. They can be waist or chest height unless you feel inclined to take them above your head when the music or lyrics dictate.

[9-16]: Out-Out, Settle, Kick-Knee-Touch, Step/Sway R, Sway L, Triple Side R

- &1-2 Step side R [&]. Step side L [1]. Settle weight side over L [2] 6:00
3&4 Brush R to an extended leg to 11:00 diagonal [3]. Bend R knee as you bring your R foot back in towards L calf [&]. Touch R next to L [4]. 6:00
5-6 Step & sway side R [5]. Sway side L [6]. 6:00
7&8 Step side R [7]. Step L close to R [&]. Step side R [8]. 6:00

Optional Arms for counts 9-12 above: Hands low and out to sides for &9-10. Then as you brush and extend with your leg, brush your R hand from your L wrist, up the L arm and across your chest and down. You can exaggerate this when you like by taking both arms up and doing that same motion to drop both hands to sides at count 12.

[17-24]: 3/4 Pivot, Flick, Triple Fwd L, Rock, Recover, Out-Out-Ball-Cross

- 1-2 ¾ Pivot: Step L across R starting ¼ turn to right [1] 9:00. Turn ½ right taking weight on R and flick L foot back [2] 3:00
3&4 Step forward L [3]. Step R behind L [&]. Step forward L[4]. 3:00
5-6 Rock forward R [5]. Recover back L [6]. 3:00
&7&8 Step side R [&]. Step side L [7]. Step on the ball of R at center [&]. Step L across R[8]. 3:00

[25-32]: Full Unwind (or Pirouette), Side R, 1/4 Drag, Walk, Rock, Recover, 3/4 Sailor Turn

- 1-2 Unwind full turn right on L foot (bring R knee up to figure 4) [1]. Step side R [2]. 3:00
3-4 Turn ¼ left stepping forward L and drag R foot towards L [3]. Step forward R [4] 12:00
5-6 Rock forward L [5]. Recover back R while releasing L foot into sweep (front to back) [6]. 12:00
7&8 Turn ¼ left while finishing sweep stepping L behind R [7] 9:00. Turn ¼ left stepping in place R [&] 6:00. Turn ¼ left stepping forward L [8]. 3:00

*Tag: Done at the end of walls 2, 4, 6. It is a simple repeat of the first 4 counts of the dance and then you start the dance again from the top:

- 1-2 Step side R [1]. Tap L next to R [2].
3-4 Step side L [3]. Tap R next to L [4].

START AGAIN. ENJOY!