

Do Better

拍數: 32 牆數: 2 級數: Low Intermediate
編舞者: Gianmarco Rossato (IT) - September 2024
音樂: Do Better - Rachel Grae



*1 Restart / 1 Tag

***The given directions and clock reference are referred to the 1st wall

Dance

#1ST SECTION STEP, STEP, OUT-OUT, IN-IN, STEP, LOCK, SHUFFLE

1-2 Step R fwd – Step L fwd
&3&4 Open R to R diagonal – Open L to L diagonal – Recover R to center – Cross L over R
5-6 Step R diagonally R fwd – Lock L behind R
7&8 Step R diagonally R fwd – Close L beside R – Step R diagonally R fwd (facing R diagonal)

#2ND SECTION MAMBO, 2 QUICK STEPS, STEP, STEP, STEP, CROSS, SIDE, STOMP

1&2 Mambo Step L fwd – Recover & Step L back (Still facing R diagonal)
&3-4 Quick Step R back – Quick Step L back – Step R back
5-6 (Turning ½ L to the opposite diagonal) Step L fwd – Step R fwd
7&8 (Turning ¼ L to h.6.00) Cross L over R – Open R to R & Stomp L beside R (Clap your hands)

(*) After this count, at 4th wall, restart the dance from the beginning

#3RD SECTION CROSS, SIDE, CROSS, OUT-OUT, SHUFFLE, SHUFFLE

1-2 Cross R over L – Open L to L side
3&4 Cross R over L – Open L to L diagonal back – Open R to R diagonal back
5&6 Step L fwd – Close R beside L – Step L fwd
7&8 Step R fwd – Close L beside R – Step R fwd

#4TH SECTION STEP-PIVOT, SHUFFLE TURN, OUT-OUT, STEP, COASTER STOMP

1-2 Step L fwd – ½ Turn R putting weight on R (facing h.12.00)
3&4 (Turning ¼ R to h.3.00) Step L to L side – Close R beside L - (Turning ¼ R to h.6.00) Step L back
&5-6 Open R to R diagonal back – Open L to L diagonal back – Step R back
7&8 Step L back – Drag R beside L – Stomp L fwd

Tag (4 counts)

(***) At the end of 1st wall, and at the end of 5th wall

1 ST SECTION | STOMP UP + 3 COUNTS HOLD
1-2 Stomp up R to R side - Hold
3-4 Hold - Hold

Hope_you_will_enjoy_dancing DO BETTER