

# Better by Myself

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Guy Dubé (CAN) & Nancy Milot (CAN) - November 2024  
音樂: Better By Myself - Jamie Miller



**Intro: 2 counts and you start the dance on the words WOKE UP.**

**[1-8] 2X (WALK FWD), MAMBO STEPS FWD, CROSS-LOCK-BACK, SAILOR STEP in 1/4 TURN R**

1-2            Walk forward with RL  
3&4           Rock forward on R, recover on L, step R lightly back  
5&6           Cross step L behind R, lock step R over L, step L back  
7&8           Cross step R behind L, 1/4 turn to right and step L on place, step R forward (3:00)

**[9-16] GIANT STEP to L in 1/8 TURN to R, SAILOR STEP, STEP FWD. SYNCOPATED ROCKING CHAIR, STEP BACK in 1/8 TURN R, STEP TOGETHER**

1            Giant step L to left in 1/8 turn to right (4:30)  
2&3           Cross step R behind L, step L on place, step R to right  
4            Step L forward  
5&           Rock forward on R, recover on L  
6&           Recover on R, recover on L  
7-8           Step R back in 1/8 turn to right, step L together R (6:00)

**Restart 1 At the 2nd repetition (9:00) after the first 16 counts, restart the dance from the beginning (3:00).  
Restart 2 At the 5th repetition (9:00) after the first 16 counts, restart the dance from the beginning (3:00).**

**[17-24] OUT, ROCK SIDE, RECOVER, TOGETHER, 1/4 TURN R and STEP FWD, ROCK STEP, RECOVER, SHUFFLE FWD in 1/2 TURN L**

1            Step R forward out to exterior to right side  
2-3           Rock forward on L to left side, recover on R  
&4           Step L together R, 1/4 turn to right and step R forward (9:00)  
5-6           Rock forward on L, recover on R  
7&8           Shuffle in 1/2 turn to left with LRL (3:00)

**[25-32] 1/4 TURN L and STEP SIDE, TOUCH TOGETHER with SNAP, SHUFFLE FWD in 1/4 TURN L, CROSS SAMBA to L, CROSS SAMBA to R**

1            1/4 turn to left and step R to right side (12:00)  
2            Touch L together R while snapping fingers with your R hand and looking toward the right side  
3&4           1/4 turn to left and shuffle forward with LRL (9:00)  
5&6           Cross step R over L, rock on L to left side, recover on R  
7&8           Cross step L over R, rock on R to right side, recover on L

**Tag: After 3 repetitions of the dance (12:00) add these 4 counts tag:**

1-4           Step R forward out to exterior to right side while clapping both hands together, Step L forward out to exterior to left side while clapping both hands together, Step R back return to center while clapping both hands together, Step L back return to center while clapping both hands together

**ENJOY AND HAVE FUN!  
GUY & NANCY**

**Last Update: 5 Nov 2024**