

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