

# Never Been Better

拍數: 64      牆數: 4      級數: Improver  
編舞者: Val Reeves (UK)  
音樂: I've Been Better - Brad Paisley



## TOE SWEEPS, SHUFFLES

1-2      Right toe touch forward, sweep round  $\frac{1}{4}$  turn right  
3&4      Right shuffle forward  
5-6      Left toe touch forward, sweep round  $\frac{1}{4}$  turn left  
7&8      Left shuffle forward

## WALK, WALK, SHUFFLE, ROCK, TURN, SHUFFLE

9-10      Walk forward right, then left  
11&12      Right shuffle forward  
13-14      Left rock forward, rock back on right  
15&16      Turning  $\frac{1}{2}$  turn left, left triple step (shuffle)

## SHUFFLE, TURN, ROCK BACK, FORWARD, COASTER STEP

17&18      Turning  $\frac{1}{2}$  turn left, right triple step(shuffle)  
19-20      Rock back on left, rock on right  
21-22      Rock forward on left, rock back on right  
23&24      Coaster step (left step back, right step beside left, left step forward)

## SYNCOPATION, SIDE STEPS

25-26      Right toe touch right side, hold  
&27&28      Left step beside right, at same time right moves right, left step beside right, at same time right steps right

## CROSS, ROCK, $\frac{1}{4}$ SHUFFLE

29-30      Left rock across right, take weight on right  
31&32      Left shuffle turning  $\frac{1}{4}$  turn left

## ROCK, FORWARD, BACK COASTER

33-34      Right rock forward, rock back on left  
35&36      Right coaster step(right step back, left beside right, right forward)  
37-38      Left rock forward, right rock back  
39&40      Left coaster step (left step back, right step beside left, left step forward)

## ROCK AND SHUFFLE, TURN, PIVOT TURN, SHUFFLE

41-42      Rock forward on right, rock back on left  
43&44      Turning  $\frac{1}{2}$  turn right on right shuffle  
45-46      Step forward left, pivot turn  $\frac{1}{2}$  turn right  
47&48      Left shuffle forward  
49-64      Repeat steps 33-48

## REPEAT

## TAG

On walls 1 3 and last wall add 4 counts by swaying hips right left right left start again on last wall add sways rock forward back shuffle turn  $\frac{1}{2}$  right then 3 sways to finish. Only dance tags to music above not needed on other music

