

Better Life

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Peter Metelnick (UK)
音樂: Better Life - Keith Urban



RIGHT & LEFT HEEL SWITCHES, LEFT BALL CROSS, ¼ RIGHT & KICK, RIGHT BALL CROSS, ¾ TURN LEFT INTO FORWARD SHUFFLE

1&2& Touch right heel forward, step right together, touch left heel forward, step left together
3&4 Cross step right over left, turning ¼ right step left back, kick right on right diagonal
&5-6 Step right back, cross step left over right, turning ¼ left step right back
7&8 Turning ½ left step left forward, step right together, step left forward

RIGHT & LEFT HEEL SWITCHES, LEFT BALL CROSS, ¼ RIGHT & KICK, RIGHT BALL CROSS, ½ TURN LEFT INTO SIDE SHUFFLE

1&2& Touch right heel forward, step right together, touch left heel forward, step left together
3&4 Cross step right over left, turning ¼ right step left back, kick right on right diagonal
&5-6 Step right back, cross step left over right, turning ¼ left step right back
7&8 Turning ¼ left step left to left, step right together, step left to left

SYNCOPATED RIGHT CROSS ROCK & RECOVER, WEAVE RIGHT 2, LEFT SAILOR, RIGHT CROSS BEHIND & UNWIND ¾ RIGHT

1&2 Cross step right over left, recover weight on left, step right to right
3-4 Cross step left over right, step right to right
5&6 Cross step left behind right, step right to right, step left to left
7-8 Touch right behind left, unwind ¾ right with weight ending on right

LEFT FORWARD ROCK & RECOVER, ½ LEFT SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT KICK BALL TOUCH

1-2 Rock left forward, recover weight on right
3&4 Turning ½ left step left forward, step right together, step left forward
5-6 Step right forward, pivot ½ left
7&8 Kick right forward, step right together, touch left to left

LEFT SAILOR WITH ¼ RIGHT TURN, RIGHT SAILOR HEEL, RIGHT BALL CROSS INTO LEFT CROSS SHUFFLE, ½ LEFT TURN

1&2 Cross step left behind right, turning ¼ right step right to right, step left to left
3&4 Cross step right behind left, step left to left, touch right heel forward on right diagonal
&5&6 Step right back, cross step left over right, step right to right, cross step left over right
7-8 Turning ¼ left step right back, turning ¼ left step left to left

RIGHT FORWARD, TOUCH LEFT TOGETHER, LEFT BALL HEEL, RIGHT BACK, LEFT FORWARD, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT KICK BALL STEP

1-2 Step right forward, touch left together
&3&4 Step left back, touch right heel forward, step right back, step left forward
5-6 Step right forward, pivot ½ left
7&8 Kick right forward, step right together, step left forward

REPEAT