

Better Life

拍數: 48 牆數: 4 級數: Improver
編舞者: Ingvar Härén
音樂: Better Life - Keith Urban



STOMP TWICE, HEEL LIFT X 3, SIDE ROCK, SAILOR STEP

1-2 Stomp right foot back, stomp left in place
3&4 Lift right heel, left heel, right heel in place
5-6 Rock right to right side, recover onto left
7&8 Step right behind left, step left to left side, step right in place

STOMP TWICE, HEEL LIFT X 3, SIDE ROCK, SAILOR STEP

1-2 Stomp left foot in front, stomp right in place
3&4 Lift left heel, right heel, left heel in place
5-6 Rock left to left side, recover onto right
7&8 Step left behind right, step right to right side, step left in place

SHUFFLE FORWARD, SYNCOPATED ROCK, SHUFFLE BACK, CROSS UN WIND ½ TURN

1&2 Step right forward, step left next to right, step right forward
3&4 Rock forward on left, recover onto right, rock forward on left
5&6 Step right back, step left next to right, step right back
7-8 Cross left behind right un wind ½ turn left

RIGHT WEAVE TWICE, SIDE ROCK, COASTER STEP

1&2& Step right to right side, cross left behind right, step right to right side, cross left over right
3&4& Step right to right side, cross left behind right, step right to right side, cross left over right
5-6 Rock right to right side, recover onto left
7&8 Step back on right, close left beside right, step forward on right

LEFT WEAVE TWICE, SIDE ROCK, COASTER STEP

1&2& Step left to left side, cross right behind left, step left to left side, cross right over left
3&4& Step left to left side, cross right behind left, step left to left side, cross right over left
5-6 Rock left to left side, recover onto right
7&8 Step back on left, close right beside left, step forward on left

TOE TOUCHES, SAILOR STEP, TOE TOUCHES, SAILOR STEP ¼ TURN LEFT

1-2 Point right toe forward, to right side
3&4 Step right behind left, step left to left side, step right in place
5-6 Point left toe forward, to left side
7&8 Step left behind right and make ¼ turn to left, step right to right side, step left in place

REPEAT
