

# Better Man

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Simon Ward (AUS)  
音樂: Better Man - Robbie Williams



1&2      Cross/rock left over right, rock/step back on right, step left slightly to left (swing right to right slightly)  
3&4      Cross/over shuffle to left, right, left, right  
5&6      Rock left to left, transfer weight onto right foot, cross/step left over right  
&      Step right to right slightly and turn  $\frac{3}{4}$  left  
7&8      Shuffle forward left, right, left (should be facing  $\frac{1}{4}$  turn right wall from starting wall)

## Travel if you can in the samba steps

1&2      Cross/step right over left, step left to left side, take weight onto right foot turning  $\frac{1}{4}$  turn right (samba step)  
3&4      Cross/step left over right, step right to right side, take weight onto left foot turning  $\frac{1}{4}$  turn left (samba step)  
5-6      Step right forward, pivot  $\frac{1}{2}$  turn left taking weight onto left foot  
&7&8      Step right forward, pivot  $\frac{1}{2}$  turn left taking weight onto left foot (repeat)

## Make these ball jacks soft

1&2      Cross/step right over left, step left to left side & slightly back, touch right heel at 45 degrees right (ball jack)  
&      Step down on right foot  
3&4      Cross/step left over right, step right to right side & slightly back, touch left heel at 45 degrees left (ball jack)  
&      Step down on left where left heel is & face that diagonal turning 45 degrees left  
5-6      Turn a further  $\frac{1}{2}$  turn left stepping right foot back after turn & slightly sway left out to left side, step left back & slightly sway right to right side (should now be facing opposite diagonal)  
7&8      Step right back, step left beside right, step right forward (coaster step)  
&      Step left forward turning  $\frac{1}{2}$  turn right

## Should now be facing original diagonal from ball jacks

1&2      Shuffle back right, left, right slightly raising left knee on count 2  
3&4      Shuffle forward left, right, left turning  $\frac{1}{4}$  turn left to face other corner on count 4  
5&6      Step right slightly back, step left beside right, step right slightly forward  
&7&8      Step left forward, pivot  $\frac{1}{2}$  turn right, step left forward, pivot  $\frac{1}{2}$  & 45 degrees turn right to start at new wall

**REPEAT**