

Better Man

拍數: 32 牆數: 4 級數: Improver
編舞者: Sabrina Christiansen (DE)
音樂: A Better Man - Clint Black & Hayden Nicholas



LOCKING SHUFFLE FORWARD, ROCKING CHAIR, SIDE BEHIND & HEEL & CROSS

- 1&2 Step right foot forward, lock left foot behind right foot, step right foot forward
3&4& Rock forward onto right foot, rock back onto left foot, rock back onto right foot, rock forward onto left foot
5-6 Step left foot to left side, cross right foot behind left foot
&7&8 Step left foot back, touch right heel forward, step right foot beside left foot, cross left foot in front of right foot

LOCKING SHUFFLE BACK WITH ¼ TURN LEFT, ROCKING CHAIR, SIDE ROCK, CROSS SHUFFLE

- 1&2 Step right foot back with ¼ turn left, lock left foot in front of right foot, step right foot back
3&4& Rock back onto left foot, rock forward onto right foot, rock forward onto left foot, rock back onto right foot
5-6 Step left foot to left side, recover onto right foot
7&8 Cross left foot in front of right foot, step right foot to right side, cross left foot in front of right foot

SIDE ROCK, BEHIND, SIDE ROCK, BEHIND, STEP WITH ¼ TURN RIGHT, SIDE TOUCH COASTER STEP

- 1&2 Step right foot to right side, recover onto left foot, cross right foot behind left foot
3&4 Step left foot to left side, recover onto right foot, cross left foot behind right foot
5-6 Step right foot forward with ¼ turn right, touch left foot to left side
7&8 Step left foot back, step right foot beside left foot, step left foot forward

SIDE SHUFFLE, SIDE SHUFFLE WITH ¼ TURN LEFT, ROCK STEP, KICK BALL STEP

- 1&2 Step right foot to right side, step left foot beside right foot, step right foot to right side
3&4 Step left foot to left side with ¼ turn left, step right foot beside left foot, step left foot to left side
5-6 Rock right foot forward, rock back onto left foot
7&8 Kick right foot forward, step right foot beside left foot, step left foot forward

REPEAT