

A Better Man

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Chris Jones (UK)
音樂: Loving You Makes Me a Better Man - Hal Ketchum



BACK ROCK, DIAGONAL RIGHT LOCKS FORWARD, ROCK FORWARD, DIAGONAL LEFT LOCKS FORWARD

1-2 Cross rock right behind left rock back onto left
3&4 Right diagonally forward to right, lock left behind right, right diagonally forward
5-6 Rock diagonally forward onto left, recover onto right
7&8 Left diagonally forward to left, lock right behind left, left diagonally forward

ROCK FORWARD, RECOVER, ½ TURN RIGHT SHUFFLE, ½ TURN LEFT SHUFFLE, RIGHT COASTER STEP

9-10 Rock forward on right, rock back onto left
11&12 Turn ½ to right stepping right forward, left up to right, right forward
13&14 Turn ½ to right stepping left back, right up to left, left back
15&16 Right back, step left next to right, step right forward

WALK LEFT RIGHT, KICK & TOUCH, SAILOR STEP, ¼ TURNING SAILOR STEP

17-18 Walk forward left then right
19&20 Kick left forward, replace left, touch right to the right side
21&22 Cross right behind left, step left to left side, step right to right side
23&24 Turn ¼ left stepping left behind right, step right to right side, step left to left side

RIGHT SHUFFLE FORWARD, ½ TURNING SHUFFLE, ROCK BACK RECOVER STEP FORWARD TOUCH

25&26 Right forward, step left up to right, right forward
27&28 Turn ½ to right stepping left back, right up to left, step left back
29-30 Rock back onto right, forward left
31-32 Step forward right, touch left next to right

KICK LEFT FORWARD & TOUCH TOE BACK, TURN ¼ RIGHT, TOUCH TOE BACK & TOE FORWARD, RIGHT SHUFFLE FORWARD, LEFT KICK OUT OUT

33&34& Kick left forward, replace left, touch right toe back, turn ¼ right stepping on right
35&36 Touch left toe back, replace left, touch right toe to left toe
37&38 Right forward, step left up to right, right forward
39&40 Kick left forward, step left to left side, step right to right side

BUMP RIGHT LEFT RIGHT, LEFT RIGHT LEFT, STEP SIDE TOGETHER SIDE TOGETHER SIDE

41&42 Bump hips right left right
43&44 Bump hips left right left,
45-46 Step right to right side, step left next to right
47&48 Step right to right step left next to right step right to right side

¼ TURNING LEFT SHUFFLE, ROCK FORWARD RECOVER, ¾ TURNING SHUFFLE LEFT SHUFFLE FORWARD

49&50 Turn ¼ left stepping left forward, step right to left, step left forward
51-52 Rock forward right, rock back onto left
53&54 Turn ¾ to right stepping forward right, step left to right, step forward right
55&56 Left forward, step right up to left, left forward

ROCK FORWARD RECOVER, ½ RIGHT SHUFFLE STEP TO LEFT SIDE & 2 X, SYNCOPATED SAILORS

57-58 Rock forward right rock back onto left
59&60 Turn ½ to right stepping forward right, step left up to right, right forward
61&62& Step left to side, step right behind left, step left to left, step right to right side
63&64 Step left behind right, step right to right side, step left to left side (angling body to right)

REPEAT
