

Better Than Before

拍數: 48 牆數: 2 級數: Beginner waltz
編舞者: Colleen Archer (AUS)
音樂: Taller, Stronger, Better - Guy Sebastian



WALTZ FORWARD, SLOW ½ PIVOT

1-3 Waltz forward stepping right forward, left beside right, right beside left
4-6 Step left forward, slowly turn ½ right taking weight onto right (2 counts) (6:00)

WALTZ FORWARD, SLOW ½ PIVOT

7-9 Waltz forward stepping left forward, right beside left, left beside right
10-12 Step right forward, slowly turn ½ left taking weight onto left (2 counts) (12:00)

WALTZ TO SIDE, CROSS, SIDE, DRAG

13-15 Waltz to right side stepping right, left beside right, right beside left
16-18 Step cross left over right, step right to right side, drag left to touch beside right (12:00)

WALTZ TO SIDE, CROSS, SIDE, DRAG

19-21 Waltz to left side stepping left, right beside left, left beside right
22-24 Step cross right over left, step left to left side, drag right to touch right beside left (12:00)

WALTZ BACK, WALTZ FORWARD & TURN ½

25-27 Waltz back stepping right back, left beside right, right beside left
28-30 Step left forward, turn ½ left and step right beside left, left beside right (6:00)

WALTZ BACK, STEP FORWARD, POINT, HOLD

31-33 Waltz back stepping right back, step left beside right, step right beside left
34-36 Step left forward, touch point right to right side, hold (6:00)

SAILOR STEP, CROSS BEHIND, SIDE, CROSS FORWARD

37-39 Right sailor step (step right behind left, left to side, replace weight right)
40-42 Step cross left behind right, step right to side, step cross left over right (6:00)

LONG STEP, DRAG, HOLD, LONG STEP, DRAG, HOLD

43-45 Long step right to right side, drag left to touch beside right, hold
46-48 Long step left to left side, drag right to touch beside left, hold (6:00)

REPEAT

FINISH

Touch right toe across in front of left, unwind slowly to front
