Better In Time



拍數: 32 編數: Intermediate NC2 Step Style

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音樂: Better In Time - Leona Lewis



Intro: 32 Counts.

NIGHTCLUB BASIC RIGHT, SIDE, COASTER STEP, ROCK RECOVER, SWEEP, SAILOR ½ TURN.

1,2& Step right to right side. Rock left behind right. Recover on right.

3 Step left to left side.

4&5 Step right back. Step left beside right. Step right forward.

6,7 Rock forward on left. Recover on right sweeping left out to left side.

8&1 Making ½ turn left, cross step left behind right. Step right to right side. Step left in place.

SKATE, SKATE, ROCK, RECOVER 1/4 RIGHT, RECOVER, & MONTEREY 1/2.

2,3 Skate forward right. Skate forward left. (6.00)

4&5 Rock forward on right. Recover on left. Making ¼ turn right rock right to right side. (9.00)

6& Recover on left. Step right beside left.

7,8 Point left to left side. Making ½ turn left, pivot on ball of right, stepping left in place. (3.00)

ROCKING CHAIR, STEP PIVOT 3/4 TURN, NIGHTCLUB BASIC RIGHT, SIDE, SAILOR 1/4 TURN RIGHT.

1&2& Rock forward on right. Recover on left. Rock back on right. Recover on left.

3,4 Step forward on right. Pivot ¾ turn left weight on left. (6.00)

5,6&7 Step right to right side. Rock left behind right. Recover on right. Step left to left side.
8&1 Making ¼ turn right, cross step right behind left. Step left to left side. Step right in place.

SKATE, SKATE, ROCK RECOVER, SWEEP, SAILOR ½ TURN, ROCK BACK, RECOVER.

2,3 Skate forward left. Skate forward right. (9.00)

4&5 Rock forward on left. Recover on right Sweep left out to left side.

6&7 Making ½ turn left, cross step left behind right. Step right to right side. Step left in place.

8& Rock right behind left. Recover on left.