

Better In Time

拍數: 16 牆數: 4 級數: Improver NC2S
編舞者: Regina Cheung (CAN) - August 2011
音樂: Better In Time - Leona Lewis



Intro: 32 counts - no Tag, no Restart

Note : This dance is choreographed with 2 sections only, ideally it is to enable the improver who is about to progress to the intermediate level to experience the basic NC2 steps & slow music.

An intermediate dance 'Better In Time' is choreographed in 32 counts, which is an extended version of this dance (publish in Sept 11).

Side, Back rock side, Back rock forward, Forward 1/2 turn left, Step Lock Step

1 Step left big step to left side
2&3 Rock back on right, recover on left, Step right to right side
4&5 Rock back on left, Recover on right, Step left forward
6 7 Step right forward, pivot 1/2 turn left (weight on left)
8&1 Step forward on right, Lock left behind right, Step forward on right (6:00)

Sway left, Sway right, Behind side cross, Sweep 1/4 turn left cross, Side together

2 3 Sway left, Sway right
4&5 Step left behind right, Step right to right side, Cross left over right
6 7 Sweep right from back to front, make 1/4 turn left, Cross over left
8& (1) Step left to left side, Step right next to left, Step left big step to left side (1) (3:00)

Start Again
