

# 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**

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