

Better

拍數: 64 牆數: 4 級數: Improver
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音樂: Better - Gord Bamford : (CD: Day Off)



32 Count Intro

TOE STRUTS, ROCKING CHAIR

- 1-2 Touch right toe forward, drop right heel taking weight
- 3-4 Touch left toes forward, drop left heel taking weight
- 5-6 Rock forward on right, recover onto left
- 7-8 Rock back on right, recover onto left

Restart Here On Wall 3

POINT, CROSS, POINT, CROSS, JAZZ BOX, TOUCH

- 1-2 Point right to right side cross right in front of left,
- 3-4 Point left to left side Cross left in front of right
- 5-6 Cross right over left, step back on left
- 7-8 Step right to right side, touch left beside right

CHASSE, ROCK STEP, ¼ TURN, SHUFFLE, PIVOT ¼ TURN

- 1&2 Step left to left side, step right beside left, step left to left side
- 3-4 Rock back on right, make ¼ turn to right stepping left forward (3)
- 5&6 Step forward on right, step left beside right, step forward on right
- 7-8 Step forward on left, pivot ¼ turn to right. (6)

ROCK STEP, SHUFFLE BACK, ¼ TURN, TOUCH, SHUFFLE FORWARD

- 1-2 Rock forward on left, recover on right
- 3&4 Step back on left, step right beside left, step back left
- 5-6 Step right to right side making ¼ turn right, touch left beside right (9)
- 7&8 Step forward left, step right beside left, step forward left

FORWARD, TAP, BACK, KICK, BACK ROCK, REC, FORWARD, TAP

- 1-2 Step right forward, tap left behind right
- 3-4 Recover on to left, kick right forward
- 5-6 Rock back on right, recover on to left
- 7-8 Step right forward, tap left behind right

KICK BALL CROSS, ROCK STEP, BOTAFOGO'S

- 1&2 Kick left forward, step left beside right, cross right over left
- 3-4 Rock left to left side, recover onto right
- 5&6 Step forward on left, rock right to right side, recover onto left
- 7&8 Step forward on right, rock left to left side, recover onto right

OUT, OUT, CROSS ROCK, SIDE CROSS ROCK, FORWARD

- 1-2 Step left forward diagonally, step right forward diagonally (taking weight)
- 3-4 Cross rock left over right, recover onto right
- 5-6 Step left to left side, cross rock right over left
- 7-8 Recover onto left, step forward on right

FORWARD ROCK, BACK ROCK, SIDE ROCK, BEHIND, SIDE, STEP

- 1-2 Rock forward on left, recover onto right
- 3-4 Rock back on left, recover onto right

5-6 Rock left to left side, recover onto right
7&8 Step left behind right, step right to right side, step forward on left

Last Revision - 7th February 2013
