

Better B

拍數: 64 牆數: 2 級數: Beginner
編舞者: Roz Chaplin (UK) - June 2013
音樂: Better - Gord Bamford : (CD: Day Off)



32 Count Intro

ROCKING CHAIR, JAZZ BOX

1-4 Rock forward on right, recover onto left, rock back on right, recover onto left
5-8 Cross right over left, step back on left, step right to right side, step forward on left

Restart Here On Wall 3

FORWARD, TOUCH, FORWARD, TOUCH BACK X3, TOUCH

1-4 Step forward right, touch left beside right, step forward left, touch right beside left
5-8 Walk back right, left, right, touch left beside right

RUMBA BOX

1-4 Step left to left side, close right beside left, step left forward, Hold
5-8 Step right to right side, close left beside right, step right back, Hold

STEP, LOCK BACK, KICK X2

1-4 Step back on left, lock right in front of left, step back on left, kick right forward
5-8 Step back on right, lock left in front of right, step back on right, kick left forward

SIDE, TOGETHER, SIDE, HOLD, CROSS ROCK, SIDE, HOLD

1-4 Step left to left side, close right beside left, step left to left side, Hold
5-8 Cross rock right over left, recover onto left, step right to right side, Hold

CROSS, SIDE, BEHIND, SIDE, CROSS ROCK, SIDE, TOUCH

1-4 Cross left over right, step right to right side, cross left behind right, step right to right side
5-8 Cross rock left over right, recover onto right, step left to left side, touch right beside left

SIDE, TOUCH, SIDE, SCUFF, JAZZ BOX ¼ TURN

1-4 Step right to right side, touch left beside right, step left to left side, scuff right forward
5-8 Cross right over left, step back on left, make ¼ turn stepping right to right side, touch left beside right (3)

SIDE, TOUCH, SIDE, SCUFF, JAZZ BOX ¼ TURN

1-4 Step left to left side, touch right beside left, step right to right side, scuff left forward
5-8 Cross left over right, step back on right, make ¼ turn stepping left to left side, touch right beside left (6)

Choreographers Note:-

I have been asked to write a Beginner floor split to go with Our Dance (BETTER)