## A Better Day (\#ldfww2022)

Count: 32
Wand: 4 Ebene: Improver
Choreograf/in: José Miguel Belloque Vane (NL) \& Mary Bee Friedrich (DE) - 16 July 2022
Musik: Kernkraft 400 (A Better Day) - Topic \& A7S


Intro: 16 - start dancing with weight on L

## \#ldfww2022

Motion: Novelty / Electro House

## Tag: 4 C // Wall 5

Note: it's just a modern line dance to have fun to dance :-)
RF > right foot / LF > left foot / fwd > forward / bwd > back behind

## Section 1 [1-8] Step,Touch,Back,Hook,Shuffle, Rock, Recover

1-2 RF step fwd., LF touch behind RF 12:00
3-4 LF step back, RF hook in front of LF 12:00
5 \&6 RF step fwd., LF close to RF, RF step fwd., 12:00
7-8 LF rock fwd.,, RF recover on weight 09:00
Section 2 [9-16] ¼ Turn L, Hold, Ball Chasse, Cross Rock, Side Rock
1-2 LF 1/4 turn to left, hold 09:00
\&3 \&4 RF ball step to left, LFstep to left, RF ball step to left, LF step to left 09:00
5-6 RF crossover LF, LF recover on weight 09:00
7-8 RF step to right. LF recover on weight 09:00

Section 3 [17-24] Back Rock, Shuffle Turn, Rock Back, Kick Ball Step
1-2 RF rock back, LF recover on weight, 09:00
3 \&4 RF step $1 / 4$ turn to left, LF close to RF, RF $1 / 4$ step back 03:00
5-6 LF rock back, RF recover on weight 03:00
7 \&8 LF kick fwd.,, RF ball step (weight only on ball), LF step fwd. 03:00

Section 4 [25-32] Step,Hold, Ball Step, Scuff, Jazz Box
1-2 LF step fwd., hold (full weight on LF) 03:00
\&3-4 RF ball step (weight only on ball) LF step fwd., RF scuff fwd., 03:00
5-6 RF crossover LF, LF step back 03:00
7-8 + RF step to right side, LF step fwd., 03:00

Tag @ the end of wall 5 Step Touch Step Hook 03:00
1-2 RF step fwd., LF touch behind RF 03:00
3-4 LF step back, RF hook in front of LF 03:00

N - joy it :)

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