# Better by Myself

**Count: 32** 

Ebene: Easy Improver

Choreograf/in: Marianne Langagne (FR) - 20 February 2025 Musik: Better By Myself - Jamie Miller

\*\*\*3 Restarts (2nd, 4th & 6th Walls) Intro: 4 Counts

### Sequences: 32-16R-32-8R-32-16R-32-32-32-32-32

## S 1 R SIDE, L POINT FWD, L SIDE, POINT BACK, CHASSE ¼ TURN R, STEP 1/2 TURN R

- 1 2 RF to the R, L Point Fwd
- 3 4 LF to the L, R Point Behind LF (Option : Arms to the L with Snap)
- RF to the R, Together, <sup>1</sup>/<sub>4</sub> Turn R RF Fwd (3:00) 5&6
- 7 8 LF Fwd, <sup>1</sup>/<sub>2</sub> Turn R (weight on RF) (9:00) HERE 2nd RESTART (Facing 3:00)

## S 2 WALK L - R, KICK BALL STEP, TRIPLE STEP, HEEL SWITCHES

- LF Fwd, RF Fwd 1 - 2
- 3 & 4 Kick LF, Ball L next to RF, RF Fwd
- LF Fwd, Together, LF Fwd 5&6
- 7 & 8 R Heel Fwd, Together, L Heel Fwd
- Together HERE 1st RESTART (Facing 12:00) & 3rd RESTART (Facing 3:00) &

## S 3 ¼ TURN R CROSS, L POINT TO L - FWD - TO L, CROSS, ¼ TURN L BACK, SHUFFLE ½ TURN L

- 1/4 Turn R Cross RF over LF, L Point to the L (12:00) 1 – 2
- 3 4L Point Fwd, L Point to the L
- Cross LF over RF, ¼ Turn L RF Back (9:00) 5-6
- 7 & 8 <sup>1</sup>⁄<sub>4</sub> Turn L – LF to the L, Together, <sup>1</sup>⁄<sub>4</sub> Turn L – LF Fwd (3:00)

# S 4 JAZZ BOX. HIP ROLL R - L\*

- 1-2-3-4 Cross RF over LF, LF Back, RF to the R, Cross LF over RF
- 5 6 Roll the L pelvis to the R \*
- 7 8 Roll the R pelvis to the L \*

### \*Option « 5 to 8 »

- 5&6 Hip Bump to the R
- 7 & 8 Hip Bump to the L

### Dance & Have fun !!!!

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Wand: 4