## Better and Best

Count: 90
Wand: 2
Ebene: Intermediate waltz
Choreograf/in: Johnson Koo (SG) - June 2014
Musik: The Times They Are a Changin' - Blackmore's Night

Note: Appreciate the help from Des Ho
[01-18] Point $R$ side hold hold, Cross hold hold, unwind 3/4L sweep back touch, unwind 3/4L, cross, cross.
123 - Point RF to R side, hold, hold.

456 - Cross RF over LF, hold, hold.
123- Unwind 3/4L sweep LF from front to back in anti clockwise, touch LF behind RF. (3.00)
456 - Unwind 3/4L on LF, then preparing sweep RF from back to front. (6.00)
123- Sweep RF from back to front cross over LF.
456 - Sweep LF from back to front cross over RF.
[19-36] 1/4 twinkle $R$, step back 1/2R fwd, together, fwd coaster, Cross hold hold, 1/4R back basic, weave R.
123 - Cross RF over LF make $1 / 4$ turn R, step back on LF, step RF close to LF.
456 - Step back on LF make $1 / 2$ turn $R$ step fwd on RF, step LF close to RF.

123 - Step fwd on RF, step LF close to RF, step back on RF.
456 - Cross LF over RF, hold, hold.

123 - Pivot 1/4R, step back on RF, step LF next to RF, step in place on RF.
456 - Cross LF over RF, step RF to R side,, step LF behind RF. (6.00)
Wall 4 - Restart point.
[37-54] Sweep back, sweep back, back R twinkle, basic waltz L $1 / 2$ turn, fwd $R$ twinkle, $1 / 4 \mathrm{~L}$ twinkle L .
123 - Sweep back on RF in 3 counts.
456 - Sweep back on LF in 3 counts.
123- Cross RF behind LF, step LF to L side, recover on RF.
456 - Step fwd on LF, step fwd on RF make pivot 1/2L, step LF close to RF. (12.00)

123 - Cross RF over LF, step LF to L side, recover on RF.
456 - Cross LF over RF make $1 / 4$ turn L stepping back on RF, step LF close to RF.
[55-72] Fwd basic waltz, back basic waltz, step fwd, hitch LF, step back 1/2R fwd, step fwd, R twinkle, cross hold hold.
123 - Step fwd on RF, step LF next to RF, step in place on RF.
456 - Step back on LF, step RF next to LF, step in place on LF.
123- Step fwd on RF, hitch up on LF.
456 - step back on LF make $1 / 2$ turn $R$ step RF fwd, step fwd on LF.
123- Cross RF over LF, step LF to L side, recover on RF.
456 - Cross LF over RF, hold hold. (3.00)
[73-90] Cross unwind 1/2L, sweep behind on ball $1 / 2$ turn $L$, behind touch, hold hold, $1 / 4 R$ step fwd, spiral full turn R, fwd mambo, cross mambo.
123- Sweep RF over LF unwind 1/2L, transfer weight to RF.

Sweep LF from front to back make ball turn 1/2L on RF in anti clockwise, quickly transfer weight to LF.

123- Touch RF toe behind LF, hold hold.
456 - 1/4R Step RF fwd, make spiral full turn $R$ in 2 count.
123- Step RF fwd, recover on LF, step RF next to LF.
456 - Cross LF over RF, recover on RF, step LF to L side. (6.00)
Tags: End of wall 1, 2 \& 3 add 2 count Tags:
Big step RF to R side, Drag LF toward RF.
Restart: Restart on wall 4, dance up to count 36 (face to12.00)
Contact: beaverct@gmail.com

