

# Better Days

Count: 48

Wall: 2

Level: Advanced

Choreographer: Hiroko Carlsson (AUS) - February 2022

Music: Better Days - Dermot Kennedy : (Spotify)



(Dance starts on lyrics/16 counts intro)

**[S1] Hitch, Point, 1/4L w/ Sweep, Behind-Point, Cross-Side Lunge, Recover, Behind-1/4R-Fwd-Together**

- 1 2 Hitch R knee up, Point R to the side  
3 4& Make a 1/4 turn left stepping back on R sweeping L around, Step L behind R, Point R to the side (9:00)  
5 6 Cross R over L, Step L to the side /lunge left  
7&8& Step L behind R, Make a 1/4 turn right stepping forward on R, Step forward on L, Step R together (12:00)

**[S2] Back, Back-1/4R-Cross-Side, Behind Rock, 1/4L-1/2L-1/2L-**

- 1 2& Step back on L, Step back on R, Make a 1/4 turn right stepping R to the side (3:00)  
3&4 Cross L over R, Step R to the side, Rock L behind R  
5 6 Replace weight on R, Make a 1/4 left stepping forward on L (12:00)  
7 8 Make a 1/2 turn left stepping back on R, Make a 1/2 turn left stepping forward on L (12:00)

**[S3] -1/4LBasic NC2 Step, 1/4L Side, Back Rock, Side, Back Rock-1/4L-3/8L**

- 1 2& Make a 1/4 turn left stepping R to the side, Rock L behind R, Recover weight on R (9:00)  
3 4& Step L to the side, Rock R behind L, Recover weight on L  
5&6 Make a 1/4 turn left stepping R to the side, Rock back on L, Recover weight on R  
7&8 Step L to the side, Rock back on R, Recover weight on L  
&1 Make a 1/4 turn left stepping back on R, Make a 3/8turn left stepping forward on L (10:30)

**[S4] Fwd Rock-Back, Back-Together-Fwd w/ 3/8R, Run Fwd intoSpiral 3/4L-Fwd**

- 2&3 Rock forward on R, Replace weight on L, Step back on R  
4&5 Rock back on L, Step R together, Step forward on L making a swift 3/8 turn right (3:00)  
6& Step forward on R, Step forward on L  
7 8 Step forward on R making a 3/4 spiral turn left, Step forward on L\*\* (6:00)

**[S5] 1/8L FwdRock-&-Paddle 1/4R, Weave 1/4R-Fwd Rock-&-Fwd-**

- 1 2& Making a 1/8 turn left rock forward on R, Replace weight on L, Step R next to L (4:30)  
3&4& Step forward on L, Make a 1/4 turn right recover weight on R, Cross L over R, Step R to the side (7:30)  
5&6 Step L behind R, Make a 1/4 turn right stepping forward on R,Rock forward on L (10:30)  
7&8 Replace weight on R, Step L next to R, Step forward on R

**[S6] -Pivot 1/4L, Weave 1/4L-Fwd Rock-1/8R, Cross-R Full Unwind, Side Rock**

- 1 2& Make a 1/4 turn left recover weight on L, Cross R over L, Step L to the side (7:30)  
3& Step R behind L, Make a 1/4 turn left stepping forward on L (4:30)  
4 5& Rock forward on L, Replace weight on R, Make a 1/8 turn right stepping R to the side (6:00)  
6 7 Touch across L over R, Make a full unwind turn right weight ends L (6:00)  
8& Rock R to the side, Replace weight on L

Repeat at the end of Wall 4 (12:00) and Wall 6 (12:00)

Repeat the last 2 sections of the dance (S5 - S6)

Restart on Wall 5 count 32\*\* (6:00)

Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com)) (updated: 1/Feb/22)

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