

# Better In Time

**Count:** 16

**Wall:** 4

**Level:** Improver NC2S

**Choreographer:** Regina Cheung (CAN) - August 2011

**Music:** Better In Time - Leona Lewis



**Intro: 32 counts - no Tag, no Restart**

**Note :** This dance is choreographed with 2 sections only, ideally it is to enable the improver who is about to progress to the intermediate level to experience the basic NC2 steps & slow music.

An intermediate dance 'Better In Time' is choreographed in 32 counts, which is an extended version of this dance (publish in Sept 11).

**Side, Back rock side, Back rock forward, Forward 1/2 turn left, Step Lock Step**

- 1 Step left big step to left side
- 2&3 Rock back on right, recover on left, Step right to right side
- 4&5 Rock back on left, Recover on right, Step left forward
- 6 7 Step right forward, pivot 1/2 turn left (weight on left)
- 8&1 Step forward on right, Lock left behind right, Step forward on right (6:00)

**Sway left, Sway right, Behind side cross, Sweep 1/4 turn left cross, Side together**

- 2 3 Sway left, Sway right
- 4&5 Step left behind right, Step right to right side, Cross left over right
- 6 7 Sweep right from back to front, make 1/4 turn left, Cross over left
- 8& (1) Step left to left side, Step right next to left, Step left big step to left side (1) (3:00)

**Start Again**

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