# Better



Count: 64 Wall: 4 Level: Improver

Choreographer: Roz Chaplin (UK), Lorna Mursell (UK) & Colin B. Smith (UK) - January 2013

Music: Better - Gord Bamford : (CD: Day Off)



#### 32 Count Intro

#### TOE STRUTS, ROCKING CHAIR

Touch right toe forward, drop right heel taking weightTouch left toes forward, drop left heel taking weight

Rock forward on right, recover onto leftRock back on right, recover onto left

Restart Here On Wall 3

## POINT, CROSS, POINT, CROSS, JAZZ BOX, TOUCH

1-2 Point right to right side cross right in front of left,
3-4 Point left to left side Cross left in front of right

5-6 Cross right over left, step back on left

7-8 Step right to right side, touch left beside right

#### CHASSE, ROCK STEP, 1/4 TURN, SHUFFLE, PIVOT 1/4 TURN

1&2 Step left to left side, step right beside left, step left to left side
3-4 Rock back on right, make ¼ turn to right stepping left forward (3)
5&6 Step forward on right, step left beside right, step forward on right

7-8 Step forward on left, pivot ¼ turn to right. (6)

#### ROCK STEP, SHUFFLE BACK, 1/4 TURN, TOUCH, SHUFFLE FORWARD

1-2 Rock forward on left, recover on right

3&4 Step back on left, step right beside left, step back left

5-6 Step right to right side making ¼ turn right, touch left beside right (9)

7&8 Step forward left, step right beside left, step forward left

### FORWARD, TAP, BACK, KICK, BACK ROCK, REC, FORWARD, TAP

Step right forward, tap left behind right
Recover on to left, kick right forward
Rock back on right, recover on to left
Step right forward, tap left behind right

#### KICK BALL CROSS, ROCK STEP, BOTAFOGO'S

1&2 Kick left forward, step left beside right, cross right over left

3-4 Rock left to left side, recover onto right

5&6 Step forward on left, rock right to right side, recover onto left 7&8 Step forward on right, rock left to left side, recover onto right

# OUT, OUT, CROSS ROCK, SIDE CROSS ROCK, FORWARD

1-2 Step left forward diagonally, step right forward diagonally (taking weight)

3-4 Cross rock left over right, recover onto right
5-6 Step left to left side, cross rock right over left
7-8 Recover onto left, step forward on right

#### FORWARD ROCK, BACK ROCK, SIDE ROCK, BEHIND, SIDE, STEP

1-2 Rock forward on left, recover onto right3-4 Rock back on left, recover onto right

5-6 Rock left to left side, recover onto right

7&8 Step left behind right, step right to right side, step forward on left

Last Revision - 7th February 2013