Compte: 32
Mur: 2
Chorégraphe: Niels Poulsen (DK) - February 2022
Musique: Better Off - Ryland James
Intro: 1 count from beginning of track. App. 2 secs. into track. Start with weight on $L$ foot
Restart: On wall 4 (starts at 6:00), after 16 counts, now facing 12:00
Note: HUGE thank you to Craig Bennett for suggesting this gorgeous track to me
[1-8] R back rock, $1 / 2 \mathrm{~L}$, L back rock, $1 / 4 \mathrm{R}$, behind sweep, behind side cross hitch $1 / 8 \mathrm{~L}$, runs
$1-2 a \quad$ Rock back on $R(1)$, recover on $L$ (2), turn $1 / 2 L$ stepping back on $R(a)$ 6:00
$3-4 a \quad$ Rock back on $L$ (3), recover on $R(4)$, turn $1 / 4 R$ stepping $L$ to $L$ side (a) 9:00
$5 \quad$ Cross $R$ behind $L$ sweeping $L$ out to $L$ side (5) 9:00
$6 a 7 \quad$ Cross $L$ behind $R(6)$, step $R$ to $R$ side (a), cross $L$ slightly over $R$ hitching $R$ knee and turning 1/8 $L$ on $L$ at the same time (7) 7:30
8\&a $\quad$ Run fwd $R(8)$, run fwd $L(\&)$, run fwd $R(a) 7: 30$
[9-16] Step turn turn, $R$ back slide, $L$ coaster, step drag, cross side $1 / 8 L$, $L$ back rock, side $L$
1 - 2a Step $L$ fwd (1), turn $1 / 2 R$ stepping onto $R(2)$, turn $1 / 2 R$ stepping back on $L$ (a) 7:30
3 Step back on $R$ sliding $L$ towards $R(3)$ 7:30
4\&a5 Step back on $L$ (4), step $R$ next to $L$ (\&), step $L$ fwd (a), step $R$ fwd dragging $L$ next to $R$ (5) 7:30
6a Cross $L$ over $R(6)$, turn 1/8 $L$ stepping $R$ to $R$ side (a) 6:00
7 - 8a Rock back on $L$ (7), recover on $R(8)$, step $L$ to $L$ side (a) - * Restart on wall 4, facing 12:00 6:00
[17-2]5 Sailor, sweep, behind side cross, slide, run $1 / 4 R$, lock $1 / 2 R$, sweep, behind side cross
$1 \& a 2 \quad$ Cross $R$ behind $L$ (1), step $L$ to $L$ side (\&), step $R$ to $R$ side (a), cross $L$ behind $R$ sweeping $R$ out to $R$ side (2) 6:00
3\&a4 Cross $R$ behind $L$ (3), step $L$ to $L$ side (\&), cross $R$ over $L$ (a), step $L$ a big step to $L$ side sliding $R$ next to $L$ (4) 6:00
5\&a Turn $1 / 4 R$ stepping $R$ fwd (5), step $L$ fwd (\&), step $R$ fwd (a) 9:00
6\&a7 Turn $1 / 4 R$ stepping $L$ to $L$ side (6), lock $R$ over $L$ (\&), turn $1 / 4 R$ stepping back on $L$ (a), step back on $R$ sweeping $L$ out to $L$ side (7) 3:00
8a1 Cross $L$ behind $R(8)$, step $R$ to $R$ side (a), cross $L$ over $R$ sweeping $R$ to $R$ side (1) 3:00
[26-32] Jazz box sweep 1/8 R, jazz box sweep 1/8 R, $R$ rock fwd, full turn back $R$
2\&a3 Cross $R$ over $L$ (2), turn 1/8 R stepping back on $L$ (\&), step $R$ to $R$ side (a), step $L$ fwd sweeping R fwd (3) 4:30
4\&a5 Cross $R$ over $L$ (4), turn 1/8 R stepping back on $L$ (\&), step $R$ to $R$ side (a), step $L$ fwd sweeping R fwd (5) 6:00
6-7 Rock R fwd (6), recover back on L (7) 6:00
8a Turn $1 / 2 R$ stepping $R$ fwd (8), turn $1 / 2 R$ stepping back on $L$ (a)
Harder turny option is to do 2 full turns: Turn $1 / 2 R$ stepping $R$ fwd (a), turn $1 / 2 R$ stepping back on $L$ ( 8 ), turn $1 / 2$ $R$ stepping $R$ fwd (\&), turn $1 / 2 R$ stepping back on $L$ (a) 6:00

## Start again

Ending Do wall 6, up to count 25. Slow down your steps when the music slows down. Finish on count 29, facing 12:00

