

I Got Better

Compte: 32

Mur: 4

Niveau: Absolute Beginner



Chorégraphe: Ashley Rose (USA) - May 2025

Musique: I Got Better - Morgan Wallen

Intro: 32 Counts

[1-8] Side together Forward, Side together Forward

- 1 - 2 Step R to right side, step L next to R
- 3 - 4 Step forward on R, touch L to R
- 5 - 6 Step L to left side, step R next to L
- 7 - 8 Step L forward, brush R next to L

[9-16] Grapevine right and Grapevine 1/4 left

- 1-2-3-4 Step R to right side, step L behind R, step R to side, brush L
- 5-6-7-8 Step L to left side, step R behind L, step left with ¼ turn left, brush R

[17-24] K step

- 1, 2, 3, 4 Step R forward to R diagonal, Touch L next to R, Step L back to L diagonal, Touch R next to L
- 5, 6, 7, 8 Step R back to R diagonal, Touch L next to R, Step L forward to L diagonal, Touch R next to L

[25-32] Stomp hold x2, Hip shakes

- 1 - 2 Stomp R, hold
- 3 - 4 Stomp L, hold
- 5 - 8 Hip shake or roll R,L,R,L

* feel the music and shake your hips however you want, as long as weight ends on your L to restart the dance :)

No Tags No Restarts. Enjoy!

Note from Choreographer- This song hit me because it felt similar to my story, which I know is familiar for so many of you too! Many of us found healing through dancing; literally, trauma is processed out of our bodies through movement, so have fun with this one and shake that part of your story right out through those hips! Much love!

Last Update: 25 May 2025