

Better

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Rob Fowler (ES) - January 2008
音乐: Better - Tom Baxter : (CD: Skybound)



(16 count intro - on word 'conceal')

Side, Behind, Cross, Side, Behind, Cross, 1/4, Step, Pivot 1/2, Full Turn, Step

- 1 (Nightclub Basic) Long step left to left side. Side Left
- 2 & 3 Step right behind left. Cross left over right. Long step right to right side. Behind Cross Side Right
- 4 & 5 Step left behind right. Cross right over left. Step left 1/4 turn left. Behind Cross Turn Turning left
- 6 & 7 Step right forward. Pivot 1/2 turn left (weight onto left). Step right forward. Step Turn Step
- 8 Make 1/2 turn right stepping left back. Turn Turning right
- & 1 Make 1/2 turn right stepping right forward. Step left forward. Turn Step

Mambo 1/4, Cross, Side, Behind Sweep, Behind, Cross Sweep, Step

- 2 & 3 Cross rock right over left. Recover back onto left. Turn 1/4 right stepping right to side. Mambo Turn Turning right
- 4 & 5 Cross left over right. Step right to side. Step left behind right sweeping right behind left. Cross Side Behind Right
- 6 & 7 Step right behind left. Step left to side. Cross right over left sweeping left to front. Step Side Cross Left
- 8 Step onto left. Step

Monterey Full Turn, Cross, 1/8 Turn x 2, Behind Side Cross, Step, 3/4 Turn

- 1 Touch right to side. Touch On the spot
- 2 - 3 Make full turn to right and step right beside left. Touch left to left side. Turn Touch Turning right
- 4 & 5 Cross left over right. Turn 1/8 left stepping right back. Turn 1/8 left stepping left to side. Cross Turn Turn Turning left
- 6 & 7 Cross right behind left. Step left to left side. Cross right over left. Behind Side Cross Left
- 8 & 1 Step left forward. Turn 1/2 left stepping right back. Turn 1/4 left stepping left to side. Step Turn Turn Turning left

Cross Rock Sweep, Sailor 1/4 Turn, 1/4 Turn x 2, Point, Touch

- 2 - 3 Cross rock right over left. Rock back onto left and sweep right behind left. Cross Rock On the spot
- 4 & 5 Step onto right. Step left to left side. Step right 1/4 turn right. Sailor Turn Turning right
- 6 & 7 Turn 1/4 right stepping left forward. Turn 1/4 right stepping onto right. Turn Turn
- 8 & Point left to left side. Touch left behind right. Point Touch On the spot