

Baby I'm Better When I'm Dancing Ez

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Absolute Beginner
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音樂: Better When I'm Dancin' - Meghan Trainor : (Album: Peanuts The Movie Soundtrack)



Written as a split floor for Julia Wetzel and Joshua Talbots' dances to the same music

AB Beginners can dance through the Restart

Intro 16 counts

SEC 1 [1-8] ANGLED HIP ROCKS FWD, x 2 (OR STEP TOGETHER SHUFFLE FWD X 2)

1 - 2 Step fwd R Diagonal Push R Hip Forward, Push L Hip Back (1.00) (Travels Forward)
3& 4 Still on R Diagonal Push R Hip Forward, Push L Hip Back, Push R Hip Forward (wgt R)
5 - 6 Step L fwd Diagonal Push L Hip Forward, Push R Hip Back (11.00) (Travels Forward)
7& 8 Still On L Diagonal Push L Hip Forward, Push R Hip Back, Push L Hip Forward

Option repeat counts 1 - 2 also 5 - 6 Single Hip Rocks

Easier Option Step R Diag Fwd Step Together, R Shuffle Fwd Repeat on left

SEC 2 [9-16] ROCKING CHAIR, ROCK SIDE, RECOVER, STEP, POINT

1 2 3 4 Rock R Forward, Recover L, Rock R Back , Recover L
5 6 7 8 Rock R Side, Recover To L, Step R Beside L , Point L Beside R

Step Change Count 8 needs to change for Restart . 8 Point L Side **Change to Step L Beside R

Optional Restart here During Wall 4 facing 9.00 wall

SEC 3 [17-24] CROSS POINT , CROSS POINT, BACK POINT, BACK POINT

1 2 3 4 Cross L over R , Point R side, Cross R over L, Point L Side (Travels Forward)
5 6 7 8 Cross L Back Behind R, ,Point R Side, Cross R Back Behind L, Point L Side(Travels Back)

For Extra Feel of the music ; Feel free to change the Cross Points into Samba steps

SEC 4 [25-32] JAZZ BOX , ¼ R JAZZ BOX

1 2 3 4 Cross L Over L, Step R Back , Step L Side, Brush R Over L
5 6 7 8 Cross R Over L, Turn ¼ L Step L Back , Step R Side, Step L Together 3.00

See video for styling, move your arms and feel the music as you do "feel better when you're dancing"

[32] counts

Ending Wall 12 Facing Back wall Dance 12 Counts (Rocking Chair)

Add Step R Fwd, ½ Pivot L, Walk R Fwd Walk L Fwd, Cross R over L and pose with arms out
And clap yourself as you are a "star dancer"□

Optional Restart:During Wall 4: f 9.00 Dance to count 16** wall

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Annemaree Sleeth Youtube site <https://www.youtube.com/user/frederina521>