

I Got Better

拍數: 32 牆數: 4 級數: Improver
編舞者: Cati Lladó (ES) - July 2025
音樂: I Got Better - Morgan Wallen



3 restarts in wall 4 in wall 9:00, 7 & 8 after 16 counts in wall 3:00

Hoja redactada por Marita Torres y Cati Lladó

SIDE, TOUCH, BACK, KICK, COASTER CROSS X 2 (RIGHT AND LEFT)

1&2& RF side right, LF touch next to RF, LF back, RF kick forward
3&4 RF back, LF back, RF forward
5&6& LF side left, RF touch next to LF, RF back, LF flick forward
7&8 LF back, RF back, LF forward

STEP TURN ½ X 2, ROCKING CHAIR, ROCKING CHAIR WITH HEEL X 2 (with moving to left)

1&2& RF forward, ½ turn left, RF forward, ½ turn left
3&4& RF rock forward, recover to LF, RF rock back, recover to LF
5&6& RF heel rock forward, recover to LF, RF rock back, LF to side left
7&8& RF heel rock forward, recover to LF, RF rock back, recover to LF

*restart in wall 4, 7 & 8

MONTERREY TURN X 2, TOE STRUT RIGHT AND LEFT, OUT OUT, IN IN

1&2& RF point right, ¼ turn right RF next to LF, LF point to left, LF next to RF
3&4& RF point right, ¼ turn right RF next to LF, LF point to left, LF next to RF
5-6 RF toe forward, RF drop heel, LF toe forward, LF drop heel
7&8& RF diagonal forward, LF diagonal forward, RF back to center, LF back to center

CHASSE RIGHT, ¼ TURN SHUFFLE FORWARD, STEP ½ TURN LEFT, HOLD, WALK FORWARD X 3

1&2 RF to side right, LF next to RF, RF to side right
3&4 ¼ turn right LF forward, RF next to LF, LF forward
5&6& RF forward, ½ turn left, RF forward, HOLD
7&8 LF forward, RF forward, LF forward
