I Can Love You Better



拍數: 48 牆數: 2 級數: Intermediate west coast swing

編舞者: Mireia Alonso & Marti Prades (ES) 音樂: I Can Love You Better - The Chicks



WALK, WALK, KICK BALL CROSS, PIVOT TO LEFT, & RONDE, WEAVE

1-2 Right step forward, left step forward

3&4 Right foot kick diagonally (1:30), cross over to left, step to left side left foot

5-6 ½ turn to left right foot, (body to 6:00) & continuous ½ turning to left with left foot rondé (face

to 12:00)

7&8 Left foot behind to right, right foot to right side, left foot cross over to right

RIGHT TOE TOUCH, ATTITUDE 1/8 TURN TO LEFT & SLAP, STEP CROSS OVER, 1/8 TURN TO LEFT & SWAY UP, STEPS AND TOE TOUCHES & FORWARD POINTS

1&2 Right toe touch beside to left, right foot attitude 1/8 turn to left, slap right hand to right foot,

right foot cross over to left (face to 10:30)

3-4 Step forward left foot turning 1/8 to left, transfer of weight with sway up. (9:00)

5&6 Toe touch right behind left, step back right, point toe left forward,

&7&8 Step left forward, toe touch right behind left, step back right, point toe left forward,

RONDE, STEP, WALK ½ TURN TO RIGHT, SHOULDER SHAKE & DIP DOWN-UP, POINT TO SIDE & TOUCH HEEL FORWARD

Rondé left foot, cross behind right, step forward right foot Left forward ½ turn to right, weight to left leg (face 3:00)

5&6 Shoulder shake (right shoulder up-down-up) ending knees dip down and up

7&8 Right foot point to right, right beside left, touch heel left forward.

TOE STRUTS FORWARD, 1/4, 3/4, 1/4, 3/4 TURNS TO RIGHT (CHAINES)

&1-2 Left beside right, toe strut right forward lifting up right hip

3-4 Toe strut left forward lifting up left hip.

5-6 Right step forward (prep turn), step together with left rotating ¼ right (face 6:00)

&7-8 Rotate ¾ right stepping out on right (face 3:00) step together with left rotating ¼ right (face

6:00) rotating \(^3\)/ right stepping forward on right (face 3:00)

PRESS FORWARD, BACK LOCK, WEAVE 1/4 TO LEFT, SWAY-UP

1-2 Press forward on left, recover weight to right3&4 Step back left, right cross over left, step back left

5&6 Cross right behind left rotating 1/8 to left, left to left side continuous rotating 1/8 to left, right

cross over left (face to 12:00)

7-8 Step left foot to left side, transfer of weight with sway up

SAILOR STEP, TOE STRUTS & 1/2 TURNS TO LEFT (TWICE), SAILOR STEP 1/2 TURN TO LEFT

1&2 Right cross behind left foot, left to left side, right to right side.

3-4 ½ turn to left touching left toe out to left side lifting left hip, flatten left heel (face 6:00)

5-6 ½ turn to left touching right toe out to right side lifting right hip, flatten right heel (face 12:00)

Left cross behind right, right out to right side turning ¼ to left, left forward turning ¼ to left

(face 6:00)

REPEAT