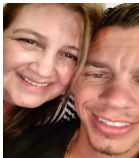


<h2>A Better Day</h2> <p>Choreographed by > Jose`Miguel Belloque Vane (NL) > > Mary Bee Friedrich (Ger) <</p>	 <p>16.Juli 2022</p>
<p>Counts: 32 4 Wall Level: Improver Music: A better day by Kernkraft 400 Intro: 16 - start dancing with weight on L Motion: Novelty / Electro House Tag: 4 C // Wall 5 Note: it's just a modern line dance to have fun :-) RF > right foot / LF > left foot / fwd > forward / bwd > back behind</p>	<p>Contact: Jose_nl@hotmail.com www.josemiguel.nl marybeefriedrich@web.de www.linedancefriendship.de</p>

Facing:

Section 1 [1 - 8] Step,Touch,Back,Hook,Shuffle, Rock, Recover

1 - 2	RF step fwd., LF touch behind RF	12:00
3 - 4	LF step back, RF hook in front of LF	12:00
5 & 6	RF step fwd., LF close to RF, RF step fwd.,	12:00
7 - 8	LF rock fwd., RF recover on weight	09:00

Section 2 [9 - 16] ¼ Turn L, Hold, Ball Chasse, Cross Rock, Side Rock

1 - 2	LF ¼ turn to left, hold	09:00
&3 &4	RF ball step to left, LFstep to left, RF ball step to left, LF step to left	09:00
5 - 6	RF crossover LF, LF recover on weight	09:00
7 - 8	RF step to right. LF recover on weight	09:00

Section 3 [17 - 24] Back Rock, Shuffle Turn, Rock Back, Kick Ball Step

1 - 2	RF rock back, LF recover on weight,	09:00
3 & 4	RF step ¼ turn to left, LF close to RF, RF ¼ step back	03:00
5 - 6	LF rock back, RF recover on weight	03:00
7 & 8	LF kick fwd., RF ball step (weight only on ball), LF step fwd.	03:00

Section 4 [25 - 32] Step, Hold, Ball Step, Scuff, Jazz Box

1 - 2	LF step fwd., hold (full weight on LF)	03:00
&3 - 4	RF ball step (weight only on ball) LF step fwd., RF scuff fwd.,	03:00
5 - 6	RF crossover LF, LF step back	03:00
7 - 8+	RF step to right side, LF step fwd.,	03:00

Tag @ the end of wall 5 Step Touch Step Hook 03:00

1 - 2	RF step fwd., LF touch behind RF	03:00
3 - 4	LF step back, RF hook in front of LF	03:00

N- joy it :)