

Better Days For All

Count: 64

Wall: 2

Level: High Improver

Choreographer: Ann-Kristin Sandberg (NOR), Darren Tubridy (UK), Rob Fowler (ES) & I.C.E. (ES)
- March 2021

Music: Better Days (feat. Lucas Gienow) - Morning Feelz

Intro: 24 counts (approx. 14 secs) (NO Tags or Restarts)

S1 Cross, Back & Cross, Side, Knee Pop In, $\frac{1}{4}$ L, L Kick Ball Step

1,2& Cross right over left, step back on left, step right next to left (&
3,4 Cross left over right, step right to right side
5,6 Pop left knee in, pop left knee out and make $\frac{1}{4}$ turn left (keep weight on right) 9:00
7&8 Kick left forward, step left to right (&), step forward right

S2 Step L, Step R, Pivot $\frac{1}{2}$ L, Step R, Step L, Pivot $\frac{1}{2}$ R, Step L, Side Rock, Recover

1,2 Step forward left, step forward right
3,4 Make $\frac{1}{2}$ turn left (weight forward on left), step forward right 3:00
5,6 Step forward left, make $\frac{1}{2}$ turn right (weight forward on right) 9:00
7&8 Step forward left, rock right out to right side (&), recover weight on left

S3 Cross R, Side L, Hinge $\frac{1}{2}$ R, Point L, $\frac{1}{4}$ L, $\frac{1}{2}$ L, $\frac{1}{2}$ L Shuffle

1,2 Cross right over left, step left to left side
3 Pull right shoulder back making $\frac{1}{2}$ turn right stepping right to right side 3:00
4 Point left toe to left side
5,6 Make $\frac{1}{4}$ turn left stepping forward left, make $\frac{1}{2}$ turn left stepping back right 6:00
7&8 Make $\frac{1}{2}$ turn left stepping forward left, step right next to left (&), step forward left 12:00

S4 Rock, Recover, R Shuffle Back, L Coaster, R Kick Ball Cross

1,2 Rock forward right, recover on left
3&4 Step back right, step left next to right (&), step back right
5&6 Step back left, step right next to left (&), step forward left
7&8 Kick right forward, step right next to left (&), cross left over right 12:00

S5 Side R, Drag L, Step L, Cross R, Side L, Touch R, Unwind $\frac{3}{4}$ R, L Kick Ball Cross

1,2 Long step right to right side, drag left towards right
&3,4 Step left next to right (&), cross right over left, step left to left side
5,6 Touch right behind left, unwind $\frac{3}{4}$ turn right (weight on right) 9:00
7&8 Kick left forward, step left next to right (&), cross right over left

S6 Side Rock, Recover, Behind L, $\frac{1}{4}$ R, Step L, Pivot $\frac{1}{4}$ R, Cross Shuffle

1,2 Rock left to left side, recover on right
3,4 Step left behind right, make $\frac{1}{4}$ turn right stepping forward right 12:00
5,6 Step forward left, make $\frac{1}{4}$ turn right (weight on right) 3:00
7&8 Cross left over right, step right to right side (&), cross left over right

S7 Side Rock, Recover, Behind R, $\frac{1}{4}$ L, R Jazz Box

1,2 Rock right to right side, recover on left
3,4 Step right behind left, make $\frac{1}{4}$ turn left stepping forward left 12:00
5,6,7,8 Cross right over left, step back left, step right to right side, step forward left

S8 Rock, Recover, $\frac{1}{2}$ R Shuffle, Rock, Recover, Triple Full Turn L

1,2 Rock forward right, recover on left
3&4 Make $\frac{1}{2}$ turn right stepping forward right, step left next to right (&), step forward right 6:00
5,6 Rock forward left, recover on right
7&8 Make a triple full turn left (on the spot) stepping left, right (&), left

(non-turn option: left coaster)

Start Over