Better In Time (我會更好) (zh)

Count: 32 **Wall:** 2 **Level:** Intermediate
Choreographer: Terry Pournelle (USA) - 2008年00月
Music: Better In Time - Leona Lewis

前奏： 32 count intro 32拍後起跳

第一段 **Step Side, Rock, Recover, Step Forward & 1/2 Turn, Step Forward, Step Together, Step Side, Rock Recover, Step, Step Right, Step Left, Turn ¼ Turn Step Right**
側踏, 下沉回復, 踏轉1/2, 前踏, 併踏, 側踏, 下沉回復, 踏, 右踏, 左踏, 轉1/4右踏

1 2& Step right to right side, rock left back, recover on right
右足右踏, 左足後下沉, 右足回復

3 Step left forward and turn ½ turn (6:00)
左足前踏轉180度(面向6點鐘)

4&5 Step right forward, step left beside right, step right out to right side 右足前踏, 左足併踏, 右足右踏

6&7 Rock left back, recover on right, step on left
左足後下沉, 右足回復, 左足踏

8&1 Step right to right, step left beside right, turning ¼ turn step right (9:00) 右足右踏, 左足併踏, 右轉90度右足踏(面向9點鐘)

第二段 **Step Left & Tur N 1/2 Turn, Step Right, Rock, Recover, Step, Sway, Sway, Step, Step, Step Side**
左踏轉1/2, 右踏, 下沉回復, 踏擺臀, 擺臀, 踏, 踏, 側踏

2&3 Step left while making ½ turn, step right, step left (3:00)
左足踏轉180度, 右足踏, 左足踏(面向3點鐘)

4&5 Rock forward on right, recover on left, step right beside left
右足前下沉, 左足回復, 右足併踏

6 7 Step left slightly out to left and sway hips left and right
左足略向左踏左擺臀, 右擺臀

8&1 Step left to left, step right beside left, step left out to left side
左足左踏, 右足併踏, 左足左踏

第三段 **Rock, Recover, Step Side, Sailor 1/4 Turn Right, Behind, Step, Step, Sway 下沉回復, 側踏, 右轉水手步, 後, 踏, 踏, 擺臀**

2&3 Rock right back, recover on left, step right to right side
右足後下沉, 左足回復, 右足右踏

4&5 Step left behind right, making a ¼ turn right step right, step left beside right (6:00)
(轉水手)左足於右足後踏, 右轉90度右足踏, 左足併踏(面向6點鐘)

6&7 Step right behind left, step left in place, step right beside left
右足於左足後踏, 左足踏, 右足併踏

8 Step left slightly out to left and sway hips left
左足略向左踏左擺臀

第四段 **Sway, Step Lock Step Back, Sweep, Sweep, Sweep, Step, Together, Step Forward 擺臀, 後鎖步, 繞, 繞, 繞, 前交換**

1 Step right slightly out to right and sway hips right
右足略向右踏右擺臀

2&3 Step left back, lock right over left, step left back
(後鎖步)左足後踏, 右足於左足前鎖步, 左足後踏

4 Sweep right out to right side and around behind placing weight on right 右足繞至後重心在右足

5	Sweep left out to left side and around behind placing weight on left 左足繞至後重心在左足
6	Sweep right out to right side and around behind placing weight on right 右足繞至後重心在右足
7&8	Step left forward, step right beside left, step left forward (前交換)左足前踏, 右足併踏, 左足前踏
