

Better Off Free

Count: 32

Wall: 4

Level: Easy Intermediate

Choreographer: Geri Colunio (USA) - August 2026

Music: Better Off Single - Ruth Slade



16 Count Intro

Step Lock, Shuffle Forward Right & Left.

1-2, 3&4 Step R, lock L behind R, shuffle fwd R, L, R.

5-6, 7&8 Step L, lock R behind L, shuffle fwd L, R, L.

Scissor Step Right, Scissor Step Left, 2 hip rolls to make ¼ turn to left.

1&2& Rock out to R side, recover to L, cross R over L, Hold

3&4& Rock out to L side, recover to R, cross L over R, Hold

3,4,5,6 Step R roll hips ⅛ turn, Step R roll hips ⅛ turn

Heel Jacks R & L

1,2,&3,&4 Step R, step L Behind, step R place L heel to L side, step L, cross R over L

5,6,&7,&8 Step L, step R behind L, step L place R heel to ride side, step R, cross L over R

Vine Right, Rolling Vine Left

1,2,3,4 Step R, L behind, step R, Touch L

5,6,7,8 Step L making ¼ turn L, Step R making ¼ L, Step L making ½ turn, Touch R next to L

Restarts: Wall 2 and Wall 5 after 16 counts.

Restart & Tag: Wall 7 dance 16 counts & tag then restart dance.

Tag: Rocking Chair

1,2,3,4 Rock fwd onto R, recover back to L, rock back onto R, recover to L.

Last Update: 26 Aug 2026
