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TOE STRUTS, ROCKING CHAIR

Touch right toe forward, drop right heel taking weight

Better

64 Count, 4 Wall, Improver Choreographer: Roz Chaplin, Lorna Mursell & Colin B. Smith (UK) Jan13

Choreographed to: Better by Gord Bamford, CD: Day Off (131bpm)

32 Count Intro

1-2

3-4 5-6 7-8	Touch left toes forward, drop left heel taking weight Rock forward on right, recover onto left Rock back on right, recover onto left				
Resta	rt Here On Wall 3				
2 1-2 3-4 5-6 7-8	CROSS, POINT, CROSS, POINT, JAZZ BOX, TOUCH Cross right in front of left, point left to left side Cross left in front of right, point right to right side Cross right over left, step back on left Step right to right side, touch left beside right				
3 1&2 3-4 5&6 7-8	CHASSE, ROCK STEP, ¼ TURN, SHUFFLE, PIVOT ¼ TURN Step left to left side, step right beside left, step left to left side Rock back on right, make ¼ turn to right stepping left forward (3) Step forward on right, step left beside right, step forward on right Step forward on left, pivot ¼ turn to right. (6)				
4 1-2 3&4 5-6 7&8	ROCK STEP, SHUFFLE BACK, ¼ TURN, TOUCH, SHUFFLE FORWARD Rock forward on left, recover on right Step back on left, step right beside left, step back left Step right to right side making ¼ turn right, touch left beside right (9) Step forward left, step right beside left, step forward left				
5 1-2 3-4 5-6 7-8	FORWARD, TAP, BACK, KICK, BACK ROCK, REC, FORWARD, TAP Step right forward, tap left behind right Recover on to left, kick right forward Rock back on right, recover on to left Step right forward, tap left behind right				
6 1&2 3-4 5&6 7&8	KICK BALL CROSS, ROCK STEP, BOTAFOGO'S Kick left forward, step left beside right, cross right over left Rock left to left side, recover onto right Step forward on left, rock right to right side, recover onto left Step forward on right, rock left to left side, recover onto right				
7 1-2 3-4 5-6 7-8	OUT, OUT, CROSS ROCK, SIDE ROCK, BACK ROCK Step left forward diagonally, step right forward diagonally (taking weight) Cross rock left over right, recover onto right Rock left to left side, recover onto right Rock back on left, recover onto right				
8 1-2 3-4 5-6 7&8	FORWARD ROCK, BACK ROCK, SIDE ROCK, BEHIND, SIDE, STEP Rock forward on left, recover onto right Rock back on left, recover onto right Rock left to left side, recover onto right Step left behind right, step right to right side, step forward on left				