

Better In Time

16 Count, 4 Wall, Improver, NC2

Choreographer: Regina Cheung (Can) Aug 2011

Choreographed to: Better In Time by Leona Lewis

Intro: 32 counts

Side, Back rock side, Back rock forward, Forward 1/2 turn left, Step Lock Step

- 1 Step left big step to left side
- 2&3 Rock back on right, recover on left, Step right to right side
- 4&5 Rock back on left, Recover on right, Step left forward
- 6 7 Step right forward, pivot 1/2 turn left (weight on left)
- 8&1 Step forward on right, Lock left behind right, Step forward on right (6:00)

Sway left, Sway right, Behind side cross, Sweep 1/4 turn left cross, Side together

- 2 3 Sway left, Sway right
- 4&5 Step left behind right, Step right to right side, Cross left over right
- 6 7 Sweep right from back to front, make 1/4 turn left, Cross over left
- 8&(1) Step left to left side, Step right next to left, Step left big step to left side (1) (3:00)

Note : this dance choreographed with 2 sections only, ideally let the improver who is about to progress to intermediate level to experience the basic NC2 steps & slow music.

An intermediate dance 'Better In Time 2' is choreographed in 32 counts which is an extended version of this dance.

Thanks to my high beginner students' support and fond of this dance.

Enjoy the dance. Happy dancing.