



Better Life



Peter Metelnick

| STEPS | ACTUAL FOOTWORK | CALLING SUGGESTION | DIRECTION |
|--|--|---|---|
| Section 1 1 & 2 & 3 & 4 & 5 - 6 7 & 8 | Heel Switches, Cross, 1/4 Turn, Kick, & Cross, 1/4 Turn, 1/2 Turn, Shuffle. Touch right heel forward. Step right beside left. Touch left heel forward. Step left beside right. Cross right over left. Turn 1/4 right stepping left back. Kick right diagonally forward right. Step right back. Cross left over right. Turn 1/4 left stepping right back. Turn 1/2 left stepping left forward. Step right beside left. Step left forward. | Heel & Heel & Cross Turn Kick & Cross Turn Turn Shuffle | On the spot Turning right On the spot Turning left |
| Section 2 1 & 2 & 3 & 4 & 5 - 6 7 & 8 | Heel Switches, Cross, 1/4 Turn, Kick, & Cross, 1/4 Turn, 1/4 Turn Left Chasse. Touch right heel forward. Step right beside left. Touch left heel forward. Step left beside right. Cross right over left. Turn 1/4 right stepping left back. Kick right diagonally forward right. Step right back. Cross left over right. Turn 1/4 left stepping right back. Turn 1/4 left stepping left to left side. Step right beside left. Step left to left side. | Heel & Heel & Cross Turn Kick & Cross Turn Turn Close Side | On the spot Turning right On the spot Turning left |
| Section 3 1 & 2 3 - 4 5 & 6 7 - 8 | Cross Rock Side, Cross, Side, Sailor Step, Touch Behind, Unwind 3/4 Right. Cross right over left. Recover onto left. Step right to right side. Cross left over right. Step right to right side. Cross left behind right. Step right to right side. Step left beside right. Touch right behind left. Unwind 3/4 turn right taking weight onto right. | Cross Rock Side Cross Side Sailor Step Behind Unwind | Right On the spot Turning right |
| Section 4 1 - 2 3 & 4 5 - 6 7 & 8 | Rock Step, 1/2 Turn Shuffle, Step 1/2 Pivot, Kick Ball Touch. Rock left forward. Recover onto right. Turn 1/2 left stepping left forward. Step right beside left. Step left forward. Step right forward. Pivot 1/2 turn left. Kick right forward. Step right beside left. Touch left to left side. | Rock Step Turn Shuffle Step Pivot Kick Ball Touch | On the spot Turning left On the spot |
| Section 5 1 & 2 3 & 4 & 5 & 6 7 - 8 | Sailor 1/4 Turn Right, Cross & Heel, & Crossing Shuffle, 1/4 Turn x2. Cross left behind right. Step right 1/4 turn right. Step left to left side. Cross right behind left. Step left to left side. Touch right heel diagonally forward right. Step right back. Cross left over right. Step right to right side. Cross left over right. Turn 1/4 left stepping right back. Turn 1/4 left stepping left forward. | Sailor Turn Behind & Heel & Cross Shuffle Turn Turn | Turning right Left On the spot Right Turning left |
| Section 6 1 - 2 & 3 & 4 5 - 6 7 & 8 | Step, Touch, Back, Heel, Back, Step, Step 1/2 Pivot, Kick Ball Step. Step right forward. Touch left beside right. Step left back. Touch right heel forward. Step right back. Step left forward. Step right forward. Pivot 1/2 turn left. Kick right forward. Step right beside left. Step left forward. | Step Touch & Heel & Step Step Pivot Kick Ball Step | Forward Turning left Forward |

INTERMEDIATE

4 Wall Line Dance:- 48 Counts. Intermediate.

Choreographed by:- Peter Metelnick - September 2004.

Choreographed to:- 'Better Life' (115 bpm) by Keith Urban from 'Be Here' CD, 24 count intro.