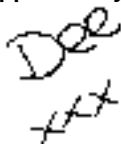




Approved by:



# Better Off Alone

## 4 WALL - 54 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 - 3 4 - 5 6	<b>Step, Step 1/4 Right, Twinkle 1/2 Turn Left</b> Step right forward. Step left forward. Turn 1/4 right (weight to right). Cross left over right. Turn 1/4 left and step right back. Turn 1/4 left and step left to side. (9:00)	Right Left Quarter Cross Quarter Quarter	Turning right Turning left
<b>Section 2</b> 1 - 3 4 - 5 6	<b>Twinkle, Twinkle 1/2 Turn Left</b> Cross right over left. Step left to left side. Step right to right side. Cross left over right. Turn 1/4 left and step right back. Turn 1/4 left and step left to side. (3:00)	Cross Side Side Cross Quarter Quarter	Left Turning left
<b>Section 3</b> 1 - 3 4 - 6	<b>Cross, Side, Behind, Side Drag</b> Cross right over left. Step left to left side. Cross right behind left. Step left big step left. Slide/touch right beside left over 2 counts. (3:00)	Cross Side Behind Side Slide	Left
<b>Section 4</b> 1 - 2 3 4 - 6	<b>Full Rolling Turn Right, Cross 1/4 Turn Left</b> Turn 1/4 right and step right forward. Turn 1/2 right and step left back. Turn 1/4 right and step right to side. Cross left over right. Turn 1/4 left and step right back. Step left to side. (12:00)	Quarter Half Quarter Cross Quarter Side	Turning right Turning left
<b>Section 5</b> 1 2 - 3 4 - 6 <b>Restart</b>	<b>Full Turn Right Travelling Forward, Cross Back Side Travelling Back</b> Step right forward. Turn 1/2 right and step left back. Turn 1/2 right and step right forward. Cross left over right. Step right back. Step left to side. (12:00) Wall 3: dance to here then restart dance from beginning (restart facing 6:00)	Step Full Turn Cross Back Side	Forward Turning right Left
<b>Section 6</b> 1 - 3 4 - 6	<b>Cross Back Side Travelling Back, Step, Step 1/4 Left</b> Cross right over left. Step left back. Step right to side. Step left forward. Step right forward. Turn 1/4 left (weight to left). (9:00)	Cross Back Side Left Right Quarter	Right Turning left
<b>Section 7</b> 1 2 - 3 4 5 - 6	<b>Twinkle 1/2 Turn Right, Twinkle 1/2 Turn Left</b> Cross right over left. Turn 1/4 right and step left back. Turn 1/4 right and step right to side. Cross left over right. Turn 1/4 left and step right back. Turn 1/4 left and step left to side. (9:00)	Cross Quarter Quarter Cross Quarter Quarter	Left Turning right Right Turning left
<b>Section 8</b> 1 - 3 4 - 6	<b>Right Cross Rock Side, Left Cross Rock Side</b> Cross rock right over left. Recover onto left. Step right to right side. Cross rock left over right. Recover onto right. Step left to left side. (9:00)	Cross Rock Side Cross Rock Side	On the spot
<b>Section 9</b> 1 - 3 4 5 - 6	<b>Forward Rock, Step Back, Travelling Back 1/2 Turn Left x 2, Touch</b> Rock right forward. Recover onto left. Step right back. Turn 1/2 left and step left forward. Turn 1/2 left and ronde right from back to side. Touch right beside left. (9:00)	Forward Rock Step Half Half Touch	Back Turning left

**Choreographed by:** Dee Musk (UK) June 2007

**Choreographed to:** 'Better Off Alone' by Katharine McPhee (120 bpm)  
 from CD Katharine McPhee; also downloadable from iTunes  
 (48 count intro, approx 24 secs, on word 'tonight')

**Restart:** There is one restart, during Wall 3



A video clip of this dance is available to members at [www.linedancermagazine.com](http://www.linedancermagazine.com)