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&

Better Off?

BEGINNER

48 Count

Choreographed by: Joerg Hammer Choreographed to: I'm From The Country by Tracey Byrd

HEEL TAPS, TOE TOUCHES, STOMP & HIP ACTION 1 Touch right heel forward & Step right foot next to left 2 Touch left heel forward & Step left foot next to right 3 Touch right toes to right side & Step right foot next to left Touch left toes to left side 4 & Step left foot next to right 5 Stomp right foot slightly forward and to the right side with weight still on left Stomp right foot a little further to the right 6 7 - 8 Circle hips to the right from front to back **ROLLING VINE, POINT, BALL, CROSS** 9 Step left foot to left side, making 1/4 turn to left Pivoting on left foot, swing right leg around to complete a 1/2 turn left and place weight on right foot 10 Pivoting on right foot, swing left foot around to complete a 1/4 turn left and place weight on left foot 11 facing forward again 12 Cross right foot in front of left Kick left to left side, toes pointing down 13 & Rock back with ball of left foot, facing front 14 Cross right foot in front of left, still facing forward Kick left to left side, toes pointing down 15 & Rock back with ball of left foot, facing front 16 Cross right foot in front of left, still facing forward **PIVOT TURN, SLIDE, FAST GRAPEVINE** 17 Step 1/4 turn to the left 18 On the ball of the left foot, pivot 1/2 turn to the right, put weight on right foot 19 Step left forward Take a big step to the right, completing 1/4 turn to the left, facing front again 20 21 - 22 Drag left foot next to the right foot 23 Cross left behind right Step side right & Cross left in front of right 24 3/4 MONTEREY TURN, START ROLLING VINE 25 Touch right toes to right side Pivot 3/4 right on left foot & step right foot together 26 27 Touch left toes to left side Step left next to right 28 Step forward on the right foot 29 Rock back on the left foot 30 31 Pivoting on the left foot, swing right leg around to complete a 1/2 turn to the right and place weight on right foot Pivoting on the right foot, swing left leg around to complete a 1/2 turn to the right and place weight on 32 left foot COMPLETE ROLLING VINE BACK, PIVOT TURN, RUNNING MAN 33 Pivoting on left foot, swing right leg around to complete a 1/2 turn right and place weight on right foot 34 Step forward on left foot Step forward on right foot 35 36 On the ball of the right foot, pivot 1/2 turn to the left, put weight on left foot 37 Stomp right foot forward Scoot right foot back and lift left foot up and beside right calf at the same time & 38 Stomp left foot forward

Scoot left foot back and lift right foot up and beside left calf at the same time

39 & 40 &	Stomp right foot forward Scoot right foot back and lift left foot up and beside right calf at the same time Stomp left foot forward Scoot left foot back and lift right foot up and beside left calf at the same time
41	BREAK PATTERN, STOMP, SNAKE, BODY ROLL Stomp right foot diagonal (45 degree angle) right forward, cross your arms slightly and bring them out hip high as you stomp forward
42 - 44	Hold for count 42-44
45 - 46	Complete a side moving body roll diagonally forward
47 - 48	Complete a body roll back (with a 1/8 turn right of the upper body to face front again weight ending on left)
	REPEAT

/As you hit the end of the 7th wall there's a break in the music. You need to repeat the first 4 counts of the break pattern twice, first with the left foot, then again with the right foot and keep on going with count 45 after that and you are back in!

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