

Better Than Yourself

64 Count, 2 Wall, Advanced

Choreographer: Malene Jakobsen (Denmark) Feb 2013
Choreographed to: Better Than Yourself by Lukas Graham
(iTunes, 104 bpm)

8 counts from the beginning, 5 sec. into track -dance begins with weight on L

1-8 Lunge, 1/4, 1/2, 1/4, cross, side

1-2 Lunge R to R

3 Step down on L making 1/4 turn R 3.00

4-5-6 Turn 1/2 R stepping fwd. on R, step fwd. on L, turn 1/4 R 12.00

7-8 Cross L over R, (8) step R to R

RESTART: here Wall 5: but HOLD on count 8 instead of stepping R to R**9-16 Behind, sweep, behind, 1/4, 1/2, fwd. rock**

1-2 Cross L behind R, sweep R from front to back

3-4 Cross R behind L, turn 1/4 L stepping fwd. on L 9.00

5-6 Step fwd. on R, turn 1/2 L 3.00

7-8 Rock fwd. on R, recover onto L (prepping for turn)

17-24 1/2, hitch 3/8, run fwd., hitch, low kick, 1/8

1-2 Turn 1/2 R stepping fwd. on R, hitch L and on ball of R continue turning another 3/8 R 1.30

3-4-5 Run fwd. L, R, L

6-7 Hitch R, kick R low to R side

8 Turn 1/8 R stepping R diagonally R using L slightly to push you in that direction 3.00

25-32 Fwd. rock, back lock, 1 1/2 turn

1-2 Rock fwd. on L, recover onto R

3-4-5 Step back on L, lock R across L, step back on L

6-7-8 Turn 1/2 R stepping fwd. on R, turn 1/2 R stepping back on L, turn 1/2 R stepping fwd. on R 9.00

33-40 1/4, drag, back rock, side, drag, back rock

1-2-3-4 Turn 1/4 R stepping L to L, drag R towards L, rock back on R, (4) recover onto L 12.00

5-6-7-8 Step R to R, drag L towards R, rock back on L, recover onto R

41-49 1/4, 1/4, side, cross, point, full monterey turn R, rock, push side

1-2 Turn 1/4 R stepping back on L, on ball of L continue the turn another 1/4 R 6.00

3-4 Step R to R, cross L over R

5-6 Point R to R, prep for full turn R angling your body to L diagonal

7 On ball of L make full turn R stepping R next to L

8-1 Rock L to L, use L to push to the R and step R to R

50-56 Drag, cross, 1/4, 1/2

2-3 Drag L towards R, cross L over R

4-5 Step R to R, make 1/4 L stepping fwd. on L 3.00

6-7-8 Turn 1/2 L stepping back on R, turn 1/4 L stepping L to L and lean into L hip 6.00

57-64 Step, low kick, ronde 1/2, pencil turn

1-2 Step fwd. on R, low kick L fwd.

3-4 Do a ronde with L leg anticlockwise while on ball of R making 1/2 turn L, low kick L fwd. 12.00

5-6 Step down on L, turn 1/2 R – weight on R and prepping to make full turn R 6.00

7-8 On ball of R make full turn R, step L next to R 6.00

OPTION: (7) Step fwd. on L, (8) spiral full turn R – keeping weight on L

Pencil turn turn: Turning in place on ONE foot while the other foot stays pressed close in 1st position, but does not touch the floor.

TAG: 4 count tag after wall 2, you'll be facing 12.00**Sways**

1-2-3-4 Sway R, sway L

Restart on wall 5 after 8 counts, you'll be facing 12.00
