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BETTER IN TIME

SONG: "BETTER IN TIME" by LEONA LEWIS.

ALBUM: "SPIRIT"

ORIGINAL POSITION: FEET TOGETHER WEIGHT ON THE LEFT FOOT.

CHOREOGRAPHER: GORDON ELLIOTT. Sydney. NSW. AUSTRALIA. January 2009.

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For a video demo walk thru by Gordon visit <http://au.youtube.com/watch?v=QqZExEeKr9o>

BEATS	STEPS: This dance is done in TWO directions. Introduction : 32 Beats
1, 2 3 & 4 5, 6 7 & 8	FORWARD, ROCK, FULL TURN TRIPLE BACK, BACK, ROCK, FORWARD-FULL TURN STEP R FORWARD, ROCK BACK ONTO L, TRAVEL BACK TURNING 360° RIGHT STEP : R-L-R, STEP L BACK, ROCK FORWARD ONTO R, STEP L FORWARD, TRAVEL FORWARD TURNING 360° LEFT STEP : L-R.
1, 2 3 & 4 5 & 6 7, 8	SIDE, ROCK, SAILOR STEP, BEHIND-SIDE-ACROSS, HIP, HIP STEP R TO THE SIDE, SIDE ROCK ONTO L, SAILOR : STEP R BEHIND LEFT, STEP L TO THE SIDE, STEP R TO THE SIDE, STEP L BEHIND RIGHT, STEP R TO THE SIDE, STEP L ACROSS IN FRONT OF R, STEP R TO THE SIDE PUSH HIPS RIGHT, SIDE ROCK ONTO LEFT PUSH HIPS LEFT.
1 & 2 3, 4 5 & 6 7, 8	BEHIND-SIDE-ACROSS, ¼ TURN, ¼ TURN, ACROSS- ¼ TURN- ½ TURN, FORWARD, ROCK STEP R BEHIND LEFT, STEP L TO THE SIDE, STEP R ACROSS IN FRONT OF LEFT, TURN 90° RIGHT STEP L BACK, TURN 90° RIGHT STEP R TO THE SIDE, STEP L ACROSS IN FRONT OF LEFT, TURN 90° LEFT STEP R BACK, TURN 180° LEFT STEP L FORWARD, STEP R FORWARD, ROCK BACK ONTO L.
1 & 2 & 3 & 4 5, 6 & 7 & 8	BACK-LOCK-BACK-BACK-LOCK-BACK-½ TURN, FORWARD, ROCK-HOOK-SHUFFLE FORWARD STEP R BACK, LOCK L ACROSS IN FRONT OF RIGHT, STEP R BACK, STEP L BACK, LOCK R ACROSS IN FRONT OF LEFT, STEP L BACK, TURN 180° RIGHT STEP R FORWARD, STEP L FORWARD, ROCK BACK ONTO R, HOOK L HEEL TO RIGHT KNEE, SHUFFLE FORWARD STEP : L-R-L.
1, 2 3, 4 5, 6 7 & 8	¼ TURN ACROSS, HOLD, ACROSS, HOLD, FORWARD, ROCK, ½ TURN SAILOR TURN 90° LEFT STEP R ACROSS IN FRONT OF LEFT, HOLD, STEP L ACROSS IN FRONT OF RIGHT, HOLD, STEP R FORWARD, ROCK BACK ONTO L, TURN 180° RIGHT SAILOR STEP : R-L-STEP R FORWARD.
1 & 2 3 & 4 5 & 6 & 7 & 8	COASTER FORWARD, COASTER BACK, SIDE-ROCK-ACROSS-SIDE-BEHIND-SIDE-ACROSS COASTER : STEP L FORWARD, STEP R TOGETHER, STEP L BACK, COASTER : STEP R BACK, STEP L TOGETHER, STEP R FORWARD, STEP L TO THE SIDE, SIDE ROCK ONTO R, STEP L ACROSS IN FRONT OF RIGHT, STEP R TO THE SIDE, STEP L BEHIND RIGHT, STEP R TO THE SIDE, STEP L ACROSS IN FRONT OF RIGHT.
1 & 2 3 & 4	SCISSOR STEP, SCISSOR STEP, FORWARD, ROCK, BACK, DRAG STEP R TO THE SIDE, STEP L TOGETHER, STEP R ACROSS IN FRONT OF LEFT, STEP L TO THE SIDE, STEP R TOGETHER, STEP L ACROSS IN FRONT OF RIGHT,

5, 6 7, 8	STEP R FORWARD, ROCK BACK ONTO L, STEP R BACK, DRAG L TOE TOWARDS RIGHT.
1, 2 3, 4 5, 6 7, 8	FORWARD, SWEEP, SWEEP, HOLD, PIVOT TURN, PIVOT TURN STEP L FORWARD, SWEEP TO STEP R FORWARD, SWEEP TO STEP L FORWARD, HOLD, PIVOT : STEP R FORWARD, TURN 180° LEFT TAKE WEIGHT ONTO L, PIVOT : STEP R FORWARD, TURN 180° LEFT TAKE WEIGHT ONTO L.
64	REPEAT THE DANCE IN NEW DIRECTION

