**Better Than This**

**Competition Step Sheet**
**DIVISION: Advanced**

**Description:** Phrased, 2 Walls, ECS, Country

**Choreographer:** Lauren Forsyth

**Music:** Better Than This by Hunter Hayes
  **Album:** Encore

**Count-in:** 32 Count Intro

**Note:** Dancers will dance as follows: A Vanilla, A Vanilla, B Vanilla, A Variation, C1 Variation, B Variation, A Vanilla, A Variation, C2 Variation, A Vanilla

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**Sequence: A A B A C1 B (first 40 counts), A A C2 A**

**Part A:**

1-8 **Triple Fwd, Cross Rock, Recover, Full Chaine Turn, Cross Rock, Sweep**

1&2 Triple fwd stepping R,L,R

3,4 Cross rock LF over RF, recover weight to RF

5&6 Full chaine turn to L stepping L,R,L

7,8 Cross rock RF over LF, recover to LF sweeping RF from front to back

9-16 **2 x Sailors, Switches with ¼ Turn, Flick**

1&2 R Sailor step

3&4 L Sailor step

5&6 Touch RF to R side, close RF to LF

6&7 Making ¼ turn R to face 3.00, Touch LF to L side, close LF to RF

7 Touch RF to R side

8 Flick RF back

17-24 **Cross, Back, Side Triple x 2**

1,2,3&4 Cross RF over LF, Step LF back, R side triple

5,6,7&8 Cross LF over RF, Step RF back, L side triple

25-32 **¼ Turn, ½ Pivot Turns, Weave, Slide & Step (or Touch)**

1,2 Turning ¼ turn L step RF fwd, ½ pivot turn over L (weight to L)

3 ½ turn over R shoulder keeping feet in place and taking weight to R

4 ½ turn over L shoulder keeping feet in place and weight back on L

5&6 Cross LF over RF, Step RF to R side, Cross LF behind RF

7,8 Slide RF a big step to R side, step LF beside RF (this step becomes a touch when going in to Part B)

**Part B:**

1-8 **Sweeps fwd, Rock Recover, Triples Back**

1 Step fwd on LF as you sweep RF from back to front

2 Step fwd on RF as you sweep LF from back to front

3,4 Rock fwd on LF, recover weight to RF

5&6 Triple back stepping L,R,L

7&8 Triple back stepping R,L,R

9-16 **2 x Sailors, 4 x Skates Forward**

1&2 L sailor step
3&4  R sailor step
5,6,7,8  Skates fwd, L, R, L, R

17-24  Hitch, Slide, Cross Unwind, Gallop, Close
1,2  Hitch L knee, Step LF a big step to L side
3,4  Cross RF over LF, unwind a full turn to L taking weight to LF
5&6&  Step RF to R side, Close LF to RF, Step RF to R side, Close LF to RF
7,8  Step RF to R side, Step LF beside RF

25-32  Jazz Box, Heels Out & In, Syncopated Turn
1,2,3,4  Cross RF over LF, Step LF back, Step RF to R side, Close LF beside RF
&5  Step out on R heel to R diagonal, Step out on L heel to L diagonal
&6  Return RF to centre, Close LF beside RF
&7  Step RF fwd, close LF behind RF
8  Full turn over L shoulder taking weight to LF

33-40  Box with 2 Walks on end
1&2  R side triple to R stepping R,L,R
3&4  Make ¼ turn to L and do a L side triple, stepping L,R,L (face 9.00)
5&6  Make ¼ turn L and do a R side triple, stepping R,L,R (face 6.00)
7  Make ¼ turn L stepping LF to L side (face 3.00)
8  Make ¼ turn L stepping RF fwd to R diagonal (1.30) – use this as a prep

*Dance up to here the 2nd time you dance B. Replace the last step with a touch, rather than a step, still making the ¼ turn.

41-48  1&½ Spiral Turn L, Triple Fwd, Triple ½, 2 x Skips Back
1,2  Keeping weight on RF, Spiral 1.5 turns over L shoulder to face 7.30
(*option for Silver & Gold dancers – ½ turn only)
3&4  Triple fwd to 7.30 stepping L,R,L
5&6  Making ½ turn over L shoulder, do a R triple back stepping R,L,R
7,8  Skip back LF, Skip back RF (face 1.30)

49-56  2 x Sailors, L Kick, Step, Hold, Ballchange
1&2  L sailor step (1.30)
3&4  R sailor step (1.30)
5,6  Kick L leg forward, Step down on LF (1.30)
7  Hold
&8  Close RF to LF, Step LF fwd
&  Square up to 12.00

Part C1:

1-8  2 x Kickballchanges with ½ Turn, Fouette into double pirouette
1&2, 3&4  Making ½ turn over L shoulder to 2 x R Kickballchanges
5  Step RF fwd, prepping R shoulder back
6  Unwind a full turn L with a L ronde from front to back
7,8  Double pirouette to L
*option for Silver & Gold dancers on counts 5-8:
5&6&7,8  Touch RF to R side, Close RF beside LF, Touch LF to L side, Close LF beside RF, Touch RF to R side, Close RF to LF

Part C2:  First 4 counts of Part C1