

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



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& Touch RF to R side, close RF to LF
6& 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 1½ 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