



# FLYINGHORSE SHOWDANCER

## Better Days

Choreographen : Achim und Anke Daß  
Musik : Better Days by Slow Horses  
74 Steps, 60 Counts  
4 Wall

### grapvine, jumps, clap

- 1 - 4 rf to right, cross lf behind rf, rf to right, touch left heel in front ( 12:00 )
- 5 - 7 with jumps, right heel forward, left heel forward, right heel forward
- 8 clap

### 1 1/2 turn right, hold, jump, clap, jump, clap

- 1 - 3 1 1/2 turn right with 3 steps, r,l,r ( 06:00 )
- 4 hold
- 5 jump forward
- 6 clap
- 7 jump back
- 8 hold

### shuffle right, rock step, shuffle left, rock step

- 1 & 2 rf to right, lf next to rf, rf to right
- 3 - 4 step left behind rf, rock back on rf
- 5 & 6 lf to left, rf next to left, lf to left
- 7 - 8 step right behind left, rock back on lf

### monterey turn, hold, cross shuffle right, rock step

- 1 - 3 touch rf right, 1/2 turn left, touch lf left ( 12:00 )
- 4 hold
- 5 & 6 cross lf over rf, step rf behind lf, step lf left
- 7 step rf right
- 8 weight back to lf

### cross shuffle, rock step, dwight yaokam steps

- 1 & 2 cross rf over lf, step lf behind rf, step rf right
- 3 step lf left
- 4 weight back on rf
- 5& Swivel right heel left and touch left toe in, swivel right toe left and touch left heel in
- 6& Swivel right heel left and touch left toe in, swivel right toe left and touch left heel in
- 7&8& repeat 5 & 6 &

### kick, kick with 1/4 turn, coaster step, heel toe twist, shuffle forward

- 1 kick lf forward
- 2 kick lf with 1/4 turn right forward ( 09:00 )
- 3 & 4 lf back & rf together & lf forward
- 5 - 6 with weight on left toe and right heel turn left heel to the left while right toe to the right (both left heel and right toes will come off the floor)
- Swivel left heel back to center while right toe back to center (end with weight on left foot)
- 7 & 8 rf forward, slide lf next to right, step rf forward

### sailor step, kick, kick with 1/4 turn, coaster step

- 1 & 2 cross lf over right, step rf to right, touch left heel in front
- 3&4 cross rf over left, step lf to left, touch right heel in front
- 5 kick rf forward
- 6 kick rf with 1/4 turn left forward ( 12:00 )
- 7 & 8 rf back & lf together & rf forward

### kick, kick with 1/4 turn, coaster step

- 1 kick lf forward
- 2 kick lf with 1/4 turn right forward ( 09:00 )
- 3 & 4 lf back & rf together & lf forward

repeat