

'Better Off Alone'

Choreographer Dee Musk (UK) June 2007

54 Count 4 Wall Intermediate Waltz - (** One Restart, on wall 3*)

Music:- 'Better Off Alone' by Katharine McPhee – Album Katharine McPhee

48 Count Intro start on heavy beat when Katharine sings 'Tonight' (approx 24 secs).

Step Step ¼ Pivot R, Twinkle ½ Turn L.

123 Step forward on R, step forward on L, pivot ¼ turn R.

456 Cross L over R, make ¼ turn L stepping back on R, make a ¼ turn L stepping L to L side.

9 o'clock

R Twinkle, Twinkle ½ Turn L.

123 Cross R over L, step L to L side, step R out to R side.

456 Cross L over R, make ¼ turn L stepping back on R, make a ¼ turn L stepping L to L side.

3 o'clock

Cross Side Behind, Side Drag.

123 Cross R over L, step L to L side, Cross step R behind L.

456 Step L big step to L, drag R in to touch beside L over 2 counts.

3 o'clock

Full Rolling Turn Right, Cross ¼ Turn L.

123 Step R ¼ turn R, make ½ turn R stepping back on L, make ¼ turn R stepping R to R side.

456 Cross L over R, make ¼ turn L stepping back on R, step L to L side.

12 o'clock

Full Turn R Travelling Forward, Cross Back Side Travelling Back.

123 Travelling forward step forward on R, make ½ turn R stepping back on L, make ½ turn R stepping forward on R.

456 Cross L over R, step back on R, step L to L side. (Feet shoulder width apart weight on L).

(*Restart from here on wall 3 – facing 6 o'clock wall)

12 o'clock

Cross Back Side Travelling Back, Step Step ¼ Pivot L.

123 Cross R over L, step back on L, step R to R side. (Feet shoulder width apart weight on R).

456 Step forward on L, step forward on R, pivot ¼ turn L.

9 o'clock

Twinkle ½ Turn R, Twinkle ½ Turn L.

123 Cross R over L, make ¼ turn R stepping back on L, make ¼ turn R stepping R to R side.

456 Cross L over R, make ¼ turn L stepping back on R, make ¼ turn L stepping L to L side.

9 o'clock

R Cross Rock Side, L Cross Rock Side.

123 Cross rock R over L, recover weight to L, step R to R side.

456 Cross rock L over R, recover weight to R, step L to L side.

9 o'clock

R Forward Rock Recover Step Back, Travelling Back ½ Turn L ½ Turn L With Sweep.

123 Rock forward on R, recover weight to L, step back on R.

456 Travelling back make ½ turn L stepping forward on L, make another ½ turn L keeping weight on L and sweeping R to touch beside L.

9 o'clock

Begin again and enjoy!!

** Restart during wall 3 – dance up to and including count 30 – begin again facing 6 o'clock.

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