

Better When I'm Dancin'

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Music: Better When I'm Dancin' by Meghan Trainor, CD: The Peanut Movie, trk 2, download time 2:56
Rhythm: Cha Phase III+0+2 (chase w/triple chas, time & spot to neck wrap)
Footwork: Opposite unless indicated (W's footwork in parentheses) Speed 43 rpm or adj for comfort
Timing: 123&4 unless otherwise indicated, reflects actual weight changes Difficulty: Average
Sequence: Intro AB Int ABC Int BC(9-12) End Released: Nov 15, 2016

Intro

1-4 Wait;; Merengue 4; Hip Rks Down & Up;

- 1-2 In bfly fcg the WALL wait 2 meas with lead feet free;;
3 {Merengue} Sd L, cl R, sd L, cl R;
4 {Hip rks} Sd L swinging hips twd LOD, rec R swinging hips twd RLOD and lowering into the knees, rk L, rec R rising straightening knees;

Part A (16 meas)

1-8 Basic;; NYer; Spot Trn; Brk Bk To Opn LOD; Swvl 2 Cha; Sliding Door Twice;;

- 1-2 {Basic} Fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R;
3 {NYer} Trng RF thru L, rec R to fc ptr in bfly, sd L/cl R, sd L;
4 {Spot trn} Swvl LF fwd R trn, rec L trn to fc, sd R/cl L, sd R bfly WALL;
5-6 {Brk Bk to Opn;} Swvl left on the right foot bk L to OP LOD, rec R, fwd L/cl R, fwd L; {Swivel 2 & Cha } Swvl R, swvl L, fwd R/cl L, fwd R;
7-8 {Sliding Door} Rk apt L, rec R releasing hand hold, XLif/sd R, XLif changing sides as W crosses in front of M to LOP LOD; Rk apt R, rec L releasing hand hold, XRif/sd L, XRLif changing sides as W crosses in front of M to opn LOD;

9-16 Circ Away & Tog;; Opn Brk; Whip; Fnc Line Twice;; Opn Brk; Whip;

- 9-10 {Circ Away & Tog} Trng LF (W RF) & away from ptr fwd L, fwd R, fwd L/cl R, fwd L to fc ptr; cont trng LF & moving twd ptr fwd R, fwd L, fwd R/cl L, fwd R to bfly WALL;
11-12 {Opn brk} Rk apt L, rec R, sd L/cl R, sd L; {Whip} Bk R trng ¼ LF, cont ¼ trn rec L, sd R/cl L, sd R (W fwd L, fwd R trng ½ to fc, sd L/cl R, sd L) to bfly COH;
13-14 {Fnc line twice} X Lun L twds LOD, rec R, sd L/cl R, sd L; X Lun R twds RLOD, rec L, sd R/cl L, sd R;
15-16 Repeat meas 11-12 to bfly WALL;;

Part B (8 meas)

1-8 Chase (Bfly);;; Trvlg Door Twice;; Twrl 2 Cha; Rev Twrl Cha;

- 1-2 {Chase} Fwd L trng RF ½, rec R, fwd L/cl R, fwd L; fwd R trng LF ½, rec L, fwd R/cl L, fwd R (W bk R, rec L, fwd R/cl L, fwd R; fwd L trng RF ½, rec R, fwd L/cl R, fwd L);
3-4 Fwd L, rec R, bk L/cl R, bk L to low bfly WALL; bk R, rec L, fwd R/cl L, fwd R (W fwd R trng LF ½, rec L, fwd R/cl L, fwd R; fwd L, rec R, bk L/cl R, bk L);
5-6 {Trvlg dr} Rk sd L, rec R, XLif/sd R, XLif; Rk sd R, rec L, XRif/sd L, XRif;
7 {Twrl 2 Cha} Raising jnd lead hnds sd & fwd L, cl R trng to fc ptr, sd L/cl R, sd L to fc bfly WALL (W sd & fwd R trng ½ RF undr jnd lead hnds, sd & bk L completing trn to fc ptr, sd R/cl L, sd R);
8 {Rev Twrl Cha} Raising jnd lead hnds sd & fwd R twd RLOD, cl L, sd R/cl L, sd R to fc bfly WALL (W sd & fwd L trng ½ LF under jnd hands, sd & bk R completing trn to fc ptr, sd L/cl R, sd L);

Int (4 meas)

1-4 Shldr to Shldr Twice;; Merengue 4; Hip Rks Down & Up;

- 1-2 {Shldr To Shldr Twice} Fwd L to bfly scar, rec R to fc, sd L/cl R, sd L; fwd R to bfly bjo, rec L to fc, sd R/cl L, sd R (W bk R to bfly scar, rec L to fc, sd R/cl L, sd R; bk L to bfly bjo, rec R to fc, sd L/cl R, sd L);
3-4 Repeat Intro meas 3-4;;

Part C (16 meas)

1-8 Start Chase w/Triple Chas;; Peek A Boo Twice;; Both Trn – Triple Cha Out;; Fin Chase;;

- 1-2 {Start chase w/triple chas to ctr} Fwd L trng RF ½, rec R, fwd L/cl R, fwd L; fwd R/cl L, fwd R, fwd L/cl R, fwd L to tandem fcg COH;
3-4 {Peek-a-boo} Sd R looking ovr left shldr, rec L, cl RL/sip L, sip R; sd L looking ovr right shldr, rec R, cl L/sip R, sip L;
5-6 {Both trn – triple chas to Wall} Fwd R trng LF ½, rec L, fwd R/cl L, fwd R; fwd L/cl R, fwd L, fwd R/cl L, fwd R to tandem fcg WALL;
7-8 {Fin chase} Fwd L, rec R, bk L/cl R, bk L to low bfly WALL; bk R, rec L, fwd R/cl L, fwd R (W fwd R trng LF ½, rec L, fwd R/cl L, fwd R; fwd L, rec R, bk L/cl R, bk L);

Part C (cont)

9-16 Opn Brk – Lead Hnds Joined; Time & Spot to Neck Wrap; Unwrap to Bfly; Fnc Line; Crab Wks Rev;; Time Step Twice;;

- 9 {Opn brk} Releasing trailing hnds bk L, rec R, sd L/cl R, sd L;
- 10 {Time & spot to neck wrap} XRib raising jnd lead hnds to W's chin height, rec L, sd R/cl L, sd R trng to fc RLOD (*W comm RF trn XLif trng 1/2 RF wrapping into jnd lead hnds into neck wrap, rec R cont trn to fc RLOD, fwd L/cl R, fwd L*);
- 11 {Unwrap} Rk fwd L, rec R to fc ptr, sd L/cl R, sd L to bfly (*W fwd R comm. trng LF 3/8, rec L cont LF trn to fc ptr, sd R/cl L, sd R*);
- 12 {Fnc line} X Lun R twds LOD, rec L, sd R/cl L, sd R;
- 13-14 {Crab wks} XLif, sd R, XLif/sd R, XLif; sd R, XLif, sd R/cl L, sd R;
- 15-16 {Time step} XLib, rec R, sd L/cl R, sd L; XRib, rec L, sd R/cl L, sd R;

End

1-5 Shldr To Shldr Twice;; Merengue 4; Hip Rks Down & Up; Pt Line & Hold;

- 1-4 Repeat Int meas 1-4;;;
- 5 Pt L twd LOD,

Quick Cues: Bfly WALL, 2 meas wait

- Intro Wait;; Merengue 4; Hip Rks Down & Up;
- A Basic;; NYer; Spot Trn; Brk Bk To Opn LOD; Swvl 2 Cha; Sliding Door Twice;; Circ Away & Tog;; Opn Brk; Whip; Fnc Line Twice;; Opn Brk; Whip;
- B Chase (Bfly);;; Trvlg Door Twice;; Twrl 2 Cha; Rev Twrl Cha;
- Int Shldr to Shldr Twice;; Merengue 4; Hip Rks Down & Up;
- A Basic;; NYer; Spot Trn; Brk Bk To Opn LOD; Swvl 2 Cha; Sliding Door Twice;; Circ Away & Tog;; Opn Brk; Whip; Fnc Line Twice;; Opn Brk; Whip;
- B Chase (Bfly);;; Trvlg Door Twice;; Twrl 2 Cha; Rev Twrl Cha;
- C Start Chase w/Triple Chas (to Center);; Peek A Boo Twice;; Both Trn – Triple Cha Out;; Fin Chase;; Opn Brk – Lead Hnds Joined; Time & Spot to Neck Wrap; Unwrap (Bfly); Fnc Line; Crab Wks Rev;; Time Step Twice;;
- Int Shldr to Shldr Twice;; Merengue 4; Hip Rks Down & Up;
- B Chase (Bfly);;; Trvlg Door Twice;; Twrl 2 Cha; Rev Twrl Cha (Bfly);
- C(9-12) Opn Brk – Lead Hnds Joined; Time & Spot to Neck Wrap; Unwrap (Bfly); Fnc Line;
- End Shldr To Shldr Twice;; Merengue 4; Hip Rks Down & Up; Pt Line & Hold