



I'VE BEEN BETTER

Choreo:	Tony Speranzo 3205 Ipswich Lane, St. Charles, MO 63301-8904 (636) 947-0988	Round_Dancer@yahoo.com
Record:	Arista 07822-13176-7 I've Been Better by Brad Paisley	
Footwork:	Opposite-direction for man except where noted	<u>Speed:</u> 46
Phase:	IV+1 (Closed Hip Twist) Rumba	<u>Released:</u> Jan 2000
Sequence:	Intro - A - B - A - B - C - B - ENDING	

INTRO

1 - 4 WAIT 3 BEATS AND 2 MEAS;; CUCARACHA L & R W/ARMS;;

1 - 4 wait OP M facting Ptr & wall 2 measures;; Sd L,rec R,cl L,-; Sd R,rec L,cl R,-; (Note: as you step sd on L bring L arm out & up, then down in front of face and when stepping sd R bring R arm out & up, & down in front of face.)

PART A

1 - 4 FULL BASIC;; FENCELINE; START SIDE WALKS;

1 - 4 fwd L, rec R, sd L, -; bk R, rec L, sd R, -; XLIF of R twd RLOD (W XRIF of L),
rec R/BFLY, sd L, -; cls R to L, sd L, cls R to L, -;

5 - 8 FINISH SIDE WALKS; AIDA; SWITCH ROCK/BFLY; CUCARACHA RIGHT;

5 - 8 sd L, cls R to L, sd L, -; Thru R, sd L to fc ptr, trng RF bk R to aida line looking
RLOD,-; Trng LF (W RF) sd L fc ptr, rec R, sd L,-; sd R, rec L, cl R blending to
BFLY/WALL, -;

9 - 12 OPEN BREAK; WHIP; FENCELINE TWICE;;

9 - 12 rk apt L extnd R arm up with palm out, rec R lower arm, sd L,-; (WHIP) Bk R
commencing LF trn, rec L cont LF trn to BFLY/COH, sd R (W fwd L across M's lt sd
commencing LF trn, fwd & sd R cont LF trn fc WALL, sd L,-; thru L w/ flexed knee,
rec R to fc, sd L, -; thru R w/ flexed knee, rec L to fc, sd R, -;

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PART A

(Continued)

**13 - 17 SHOULDER/SHOULDER TWICE;; NEW YORKER; WHIP;
CUCARACHA IN 4;**

13 - 17 BFLY pos XLIF to contra SCAR, rec R to fc, sd L, -; BFLY pos XRIF to contra BJO, rec L to fc, sd R, -; xLif of R blending to LOP, rec R blending to fc ptr & wall, sd L twd LOD, -; Bk R commencing LF trn, rec L cont LF trn to BFLY/WALL, sd R (W fwd L across M's lt sd commencing LF trn, fwd & sd R cont LF trn fc COH, sd L), -; sd L, rec R, cls L to R, cls R;

PART B

1 - 4 CLOSED HIP TWIST TO A FAN;; ALEMANA;;

1 - 4 Fwd L, rec R, sd & bk L (W bk R turn ~ RF, rec L turn ja LF, fwd R twds ptr swvl RF to fc LOD), -; fwd L, rec R, sd L, - (W cls R to L, fwd L, fwd R); bk R, rec L, sd R, - (W XLIF trn 1/2 RF, fwd R trn 1/2 rf to fc, sd L, -);

5 - 8 HAND/HAND TO OPEN/LOD; KIKI WALKS;; SPOT TURN;

5 - 8 rk bk L to op lod, rec R, fwd L, -; Fwd R,L,R placing each ft directly in front of supporting ft (W fwd L,R,L), -; Fwd L,R,L (W fwd R,L,R), -; xRif of L (W xLif) to rlod trng lf, rec L trng lf to fc ptr bfly coh, sd R, -;

**9 - 12 SPOT TURN; CUCARACHA RIGHT; NEW YORKER;
START CRAB WALKS;**

9 - 12 xLif of R (W xRif) to rlod trng rf, rec R trng rf to fc ptr bfly coh, sd L, -; sd R, rec L, cls R to L, -; xLif of R blending to LOP, rec R blending to fc ptr & wall, sd L twd LOD, -; XRIF, sd L, XRIF, -;

13 - 16 FINISH CRAB WALKS; NEW YORKER; MERENGUE 8;;

13 - 16 Sd L, XRIF, sd L, -; thru R rt hnds joined to OP, rec L, sd R, - BFLY; stepping sd L with the outside of L ft off the floor and the instep touching the floor sd L, rolling the L sd of L ft on to the flat part of the floor cls R to L, (repeat 3 more times) sd L, cls R to L; sd L, cls R to L, sd L, cls R to L;

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PART C

1 - 4 CHASE;;;:

1 - 4 fwd L trng R fc COH (W bk R no trn), recover R, fwd L, -; fwd R trng L fc WALL(W trn R fc), rec L, fwd R, -; fwd L (W fwd R trn L fc fcg prtnr), rec R, bk L, -; bk R, rec L, fwd R;

5 - 8 NEW YORKER/OP-LOD; PROGRESSIVE WALK SIX;; SPOT TURN:

5 - 8 xLif of R blending to LOP, rec R blending to fc ptr & wall, sd L twd LOD blending to OP/LOD, -; fwd R, fwd L, fwd R, -; fwd L, fwd R, fwd L, -; xRif of L(W xLif) to rlod trng lf, rec L trng lf to fc ptr bfly coh, sd R, -;

9 - 12 OPEN BREAK; WHIP; FENCELINE; START CRAB WALKS:

9 - 12 rk apt L extnd R arm up with palm out, rec R lower arm, sd L,-; Bk R commencing LF trn,rec L cont LF trn to BFLY/COH, sd R(W fwd L across M's lt sd commencing LF trn,fwd & sd R cont LF trn fc WALL,sd L),-; thru L w/ flexed knee, rec R to fc, sd L, -; XRIF, sd L, XRIF, -;

13 - 15 FINISH CRAB WALKS; WHIP; CUCARACHA IN 4:

13 - 15 XLIF, sd R, XLIF, -; Bk R commencing LF trn,rec L cont LF trn to BFLY/WALL,sd R (W fwd L across M's left sd commencing LF trn, fwd & sd R cont LF trn fc COH, sd L),-; sd L, rec R, cls L to R, cls R;

ENDING

1 - 4 FULL BASIC;;TWO SIDE CLOSES; SIDE CORTE:

1 - 4 fwd L, rec R, sd L, -; bk R, rec L, sd R, -; sd L, cls R to L, sd L, cls R to L; sd L, turn to RSCP RLOD pt R twd rev, -;

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(QUICK CUES)

CHOREO: TONY SPERANZO

PH IV RUMBA

RECORD: ARISTA 07822-13176

SPEED: 46 RPM'S

SEQ: INTRO - A - B - A - B - C - B - END

INTRO: WAIT 3 BEATS & 2 MEAS;; CUCARACHA L & R W/ARMS;;

PART A: FULL BASIC;; FENCELINE; SIDE WK'S;; AIDA;
SWITCH RK/BFLY; CUCARACHA R; OP BRK; WHIP;
FENCELINE 2X;; SHLDR/SHLDR 2X;; NEW YORKER; WHIP;
CUCARACHA IN 4;

PART B: CLOSED HIP TWIST/A FAN;; ALEMANA;; HND/HND TO/OP;
KIKI WALKS;; SPOT TURN 2X;; CUCARACHA R; N YRKR;
CRAB WALKS;; N YRKR; MERENGUE 8;;

PART A: FULL BASIC;; FENCELINE; SIDE WK'S;; AIDA;
SWITCH RK/BFLY; CUCARACHA R; OP BRK; WHIP;
FENCELINE 2X;; SHLDR/SHLDR 2X;; NEW YORKER; WHIP;
CUCARACHA IN 4;

PART B: CLOSED HIP TWIST/A FAN;; ALEMANA;; HND/HND TO/OP;
KIKI WALKS;; SPOT TURN 2X;; CUCARACHA R; N YRKR;
CRAB WALKS;; N YRKR; MERENGUE 8;;

PART C: CHASE;;; N YRKR/OP-LOD; PROG WK SIX;; SPOT TURN;
OP BRK; WHIP; FENCELINE; CRAB WALKS;; WHIP;
CUCARACHA IN 4;

PART B: CLOSED HIP TWIST/A FAN;; ALEMANA;; HND/HND TO/OP;
KIKI WALKS;; SPOT TURN 2X;; CUCARACHA R; N YRKR;
CRAB WALKS;; N YRKR; MERENGUE 8;;

END: FULL BASIC;; 2 SD CLS'S; SD CORTE;