

Better Off Alone

54 count, 4 wall, improver level

Choreographer: Sebastiaan Holtland (NL) Oct 2007

Choreographed to: Better Off Alone by Katharina McPhee

48 Count Intro start on heavy beat when Katharine sings 'Tonight'

STEP FWD, ½ TURN, STEP BACK, BACK, COASTER STEP, STEP FWD, ½ TURN, STEP BACK, BACK, COASTER STEP

1-3 Lf step forward, ½ turn left, Rf stepping back, Lf stepping back (6:00)

4-6 Rf step back, Lf close next Rf, Rf step forward (6:00)

1-3 Lf step forward, ½ turn left, Rf step back, Lf step back (12:00)

4-6 Rf step back, Lf close next Rf, Rf step forward (12:00)

¼ BALANCE STEP FWD, ROCK / RECOVER, SWEEP, SIDE DRAG, BACK, TURNING BOX BACKWARDS

1-3 Step Lf forward commence to turn the left complete ¼ turn left, Lf step to the left (3:00)

4-6 Rf cross rock forward Lf, Lf recover, Rf sweep Rf from front to back

1-3 Rf (step back), 1/8 turn right left foot step to the right side right foot recover (4:30)

4-6 Lf step back (4:30), Rf step to the right with ¼ turn right, take weight onto Lf (12:00)

RUNNING BACK, BACK, BACK, KICK L FWD

1-2&3 Rf step back, running back L-R-L (12:00)

4-6 Rf Draw from front to back in 1 count, Lf kick forward out in 2 counts holding weight on Lf (12:00)

Restart From here on the third wall you get a restart after the count 25 t/m 30 on count 30 step Rf next Lf, Start again with the first section.

STEP FWD, DRAG CLOSE HOLD, STEP SWEEP, ¼ TURN, ENDING DIAGONALLY

1-3 Step forward on Rf, Lf drag, Lf step next Rf, HOLD, weight onto Rf (12:00)

4-6 Step forward on Lf, Rf sweep from front to back with ¼ turn left, ending diagonally (7:30)

CROSS, SIDE, BEHIND, STEP ¼ TURN, STEP ¼ PENCIL TURN

1-3 (7:30) Step Rf across Lf, Lf step to the left, step Rf behind Lf (9:00)

4-6 Lf step forward with ¼ turn left, Rf step forward, ¼ turn left, take weight onto Lf (1:30)

SYNCPATED WEAVE, CROSS, FULL TURN

1-2&3 Step Rf across Lf, Lf step to the left, step Rf behind Lf, Lf step to the left (3:00)

4-6 Step Rf across Lf, Rf+Lf make a full turn left, take weight onto Lf (3:00)

STEP FWD, SIDE DRAG, CROSS, ½ TURN

1-3 Lf step forward, Rf step to right, and drag with Lf, close Lf next Rf

4-5&6 Step Rf across Lf, Rf + Lf ¼ turn left, Take weight on Rf (9:00)

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