

A Better Day

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Choreographed by: Jose Miguel Belloque Vane (NL)

& Mary Bee Friedrich (DE) Jul 2022

Choreographed to: Kernkraft 400 (A Better Day) by Topic & A7S

Intro: 16 Counts. Start at approx 7 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	STEP, TOUCH, BACK, HOOK, SHUFFLE, ROCK, RECOVER
1-2	RF step fwd, LF touch behind RF
3-4	LF step back, RF hook in front of LF
5&6	RF step fwd, LF close to RF, RF step fwd
7-8	LF rock fwd, RF recover on weight
SEC 2	1/4 TURN L, HOLD, BALL CHASSE, CROSS ROCK, SIDE ROCK
1-2	LF ¼ turn to left, hold (9:00)
&3&4	RF ball step to left, LF step to left, RF ball step to left, LF step to left
5-6	RF crossover LF, LF recover on weight
7-8	RF step to right, LF recover on weight
SEC 3	BACK ROCK, SHUFFLE TURN, ROCK BACK, KICK BALL STEP
1-2	RF rock back, LF recover on weight
3&4	RF step 1/4 turn to left, LF close to RF, RF 1/4 step back (3:00)
5-6	LF rock back, RF recover on weight
7&8	LF kick fwd, RF ball step (weight only on ball), LF step fwd
SEC 4	STEP, HOLD, BALL STEP, SCUFF, JAZZ BOX
1-2	LF step fwd, hold (full weight on LF)
&3-4	RF ball step (weight only on ball) LF step fwd, RF scuff fwd
5-6	RF crossover LF, LF step back
7-8&	RF step to right side, LF step fwd
Tag	At the end of Wall 5
	STEP TOUCH STEP HOOK
1-2	RF step fwd, LF touch behind RF
3-4	LF step back, RF hook in front of LF

