

# A Better Day

LINEDANCE.COM

**Count:** 32      **Wall:** 2      **Level:** Beginner

**Choreographer:** Dianne Borg (AUS) & Matt Coleman (AUS) - April 2022

**Music:** - NEIKED, Mae Muller & Polo G

## Intro: 16 counts

There are Part A & Part B in this dance. Part A - 32 counts, Part B - 32 counts.

Sequence: AAA BB AAA BB B(16 counts)

## Part A (32 counts)

**A, S1: Step R, Sway hip to right and left, ¼ Turn left and bend, Back, ¼ Turn right, Touch, Rolling vine, Touch**

- &1 - 2**      Step RF to right side while swaying hip to the right, Sway hip to the left, Turn ¼ left bending your right knee while straightening your left leg facing 9:00 – body weight is on RF
- 3&4**      Step LF back, Turn ¼ right step RF to right side, Touch L toe to left side (12:00)
- 5 - 8**      Turn ¼ left step LF in place, Turn ½ left step RF back, Turn ¼ left step LF to left side, Touch R toe next to LF (12:00)

## A, S2: Forward 3x and Hitch, Step back 3x and Touch

- 1 - 4**      Step RF forward, Step LF forward, Step RF forward, Hitch LF
- 5 - 8**      Step LF back, Step RF back, Step LF back, Touch R toe to right side (12:00)

## A, S3: Weave and sweep 2x

- 1 - 4**      Cross RF over LF, Step LF to left side, Cross RF behind LF, Sweep LF from front to back
- 5 - 8**      Cross LF behind RF, Step RF to right side, Cross LF over RF, Sweep RF from back to front (12:00)

## A, S4: Jazzbox ¼ turn right, Step, Step, Pivot ¼ right, Step

- 1 - 4**      Cross RF over LF, Step LF back, Turn ¼ right step RF to right side, Step LF forward (3:00)
- 5 - 8**      Step RF forward, Step LF forward, Turn ¼ right step RF in place, Close LF next to RF (6:00)

## Part B (32 counts)

**B, S1: Charleston, Step side and touch behind 2x**

1 - 4 Touch R toe forward, Step RF back, Touch L toe back, Step LF forward

5 - 8 Step RF to right side, Touch L behind RF, Step LF to left side, Touch R toe behind LF

**B, S2: Step forward 3x, Pivot ½ left, Cross touch 2x**

1 - 4 Step RF forward, Step LF forward, Step RF forward, Turn ½ left step LF in place

5 - 8 Touch R toe across LF, Step RF to right side, Touch L toe across RF, Step LF to left side

**B, S3: Kick and Touch 2x**

1 - 4 Kick RF forward, Step RF back, Touch L toe back, Step LF forward

5 - 8 Kick RF forward, Step RF back, Touch L toe back, Step LF forward

**B, S4: Step forward 3x, Pivot ½ left, Cross touch 2x**

1 - 4 Step RF forward, Step LF forward, Step RF forward, Turn ½ left step LF in place

5 - 8 Touch R toe across LF, Step RF to right side, Touch L toe across RF, Step LF to left side

**We tribute this dance to all women in the world as we celebrate Kartini day every 21st April. She is the symbol of women empowerment and education, and we hope that this dance will bring joy, strength, and love. Enjoy and have fun!!**