

BETTER AS ONE

Choreographers: Fred Whitehouse & Darren Bailey

Description: 64 Counts, 2 Walls, Advanced Level

Music: The Heavy - Better As One

32 Count Intro

Pattern: 64/Tag/48/64/Tag/48/64(Finish)

1 – 8 SLIDE, KNEE POP X 2, SLIDE, KNEE POP X 2

- 1-2 Long step RF to R side, step LF beside RF
- 3-4 Push both knees forward x 2 (Left then Right)
- 5-6 Long step LF to L side, step RF beside LF
- 7-8 Push both knees forward x 2 (Right then Left)

9 - 16 PRESS SLIDE, PRESS SLIDE, CROSS SIDE ROCK, CROSS KICK STEP

- 1-2 Press RF beside LF, slide LF back to L diagonal
- 3-4 Press LF beside RF, slide RF back to R diagonal
- 5&6 Cross RF over LF, rock LF to L side, recover weight to RF
- &7&8 Cross LF over RF, kick RF to R side, Hitch R knee, step RF beside LF

17 - 24 SWIVET, BACK TOGETHER, HEEL HIP BUMPS

- 1-2 Swivet R toe to R side L heel to L side, recover to center
- 3-4 Long step back on RF, step LF beside RF
- 5&6 Touch R heel forward bump hips forward, bump hips back, step RF forward
- 7&8 Touch L heel forward bump hips forward, bump hips back, step LF forward

25 - 32 MOONWALK GLIDES 1/2 TURN X 2, VINE, CROSS, C BUMP, HIP

- 1-2 Touch RF forward slide LF back, turn 1/2 L taking weight to L
- 3-4 Touch RF forward slide LF back, turn 1/2 L taking weight to L ([Easy option, Step Pivot 1/2 turn Lx2](#))
- 5& Step RF to R side, step LF behind RF
- 6& Step RF to R side, Cross LF over RF
- 7-8 Hitch R knee, step RF to R side bump hips R

33 - 40 HIP, HIP, FULL TURN STEP HITCH STEP HITCH, SIDE, TOUCH

- 1-2 Bump hips L, bump hips R
- 3-4 Turn 1/4 L step LF forward, turn 1/4 L hitch R knee
- 5-6 Turn 1/4 L step RF back, turn 1/4 L hitch L knee
- 7-8 Step LF to L side, touch RF beside LF

41 - 48: KICK & TWIST, KICK & TWIST, POINT & POINT, BODY ROLL, TWIST

- 1&2& Kick RF to R diago, step RF beside LF, Twist toes out, recov toes to center (as you open toes, bend knees slightly)
- 3&4& Kick LF to L diago, step LF beside RF, Twist toes out, recov toes to center (as you open toes, bend knees slightly)
- 5&6 Point RF to R side, step RF beside LF, point LF to L side
- 7-8 Body roll to L take weight on to LF

***RESTART HERE ON WALLS 2 & 4**

49 - 56: HEEL TWIST X 2, BALL CROSS, SIDE ROCK, BALL STEP, TOUCH

- &1& Twist R heel out, twist R heel in, twist R heel out
- 2&3 Twist R heel in, step RF beside LF, cross LF over RF
- 4 Hold
- 5-6& Rock RF to R, recover weight to LF, step RF beside LF
- 7-8 Step LF to L, touch RF behind LF (click L hand to L side)

57 - 64: 1 1/2 ROLLING VINE, MASHED POTATOES, FLICK STEP

- 1-2-3-4 ¼ tr R step RF forward, turn ½ tr R step LF back ½ tr R step RF forward, ¼ tr R step LF to L
- &5&6 Twist heels out, step RF back twist heels in, Twist heels out, step LF back twist heels in
- &7-8 Twist heels out, step RF back twist heels in, Close LF next to RF

***TAG AFTER WALLS 1 & 3**

1 - 8: STEP HEEL SWIVELS, STEP HEEL SWIVELS

- 1&2&3 Step RF to R diagonal, swivel L heel in, Swivel L toe in, swivel L heel in, swivel L toe in
- &4 Raise up on both toes, lower both heels
- 5&6&7 Step LF to L diagonal, swivel R heel in, Swivel R toe in, swivel R heel in, swivel R toe in
- &8 Raise up on both toes, lower both heels

9 - 16: STEP HEEL SWIVELS, RUN AROUND, CROSS & CROSS

- 1&2&3 Step RF to R diagonal, swivel L heel in, Swivel L toe in, swivel L heel in, swivel L toe in
- &4 Raise up on both toes, lower both heels
- 5&6& Turn 1/4 L step LF forward, turn 1/4 L step RF forward, Turn 1/4 L step LF forward, turn 1/4 L step RF forward
- 7&8 Cross LF over RF, step RF beside LF, cross LF over RF