

Better Place

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Music: Better Place
Avail for download from www.casa-musica-shop.de
Album: Latin Music 14, The Latin League
Speed: Slowed down from 25 BPM to 24 BPM
Footwork: Opposite for lady except where noted
Rhythm/Phase: Rumba Phase 5+2 (Advanced Hip Twist, Three Alemanas)
[NOTE Optional Rope Spin Part B Measure 4]
Sequence: Intro-A-A-B-END

INTRO

BOTH FACE WALL IN TANDEM, ARMS LENGTH APART, LEAD HANDS JOINED, LEAD FEET FREE AND POINTED BACK, WAIT PICKUP NOTE, LADY TURN ON 4 TO FACE ; BACK WALK 3 ; ALEMANA TURN TO CP ; OPEN OUT TO LUNGE SIT LINE & HOLD ;

1-4

1 {W Turn to FC on 4} Wait 1 pickup note , Raise trail arms ,-, M lead lady to turn ½ RF on 4,- ;

2 {Back Walk 3} Bk L , R, L ;

3 {Alemana Turn to CP} Bk R slightly across body leading W under leads hnds, rec L, cl R,- (W fwd L DLC under lead hands trng ½ RF, fwd R DRW trng ¼ RF, fwd L M's R sd,-) ; CP WALL

4 SS {Open Out to Lunge Sit Line & Hold} Lead W to swivel RF ¼ sd & fwd to lunge ,-, hold (W swvl ¼ RF, bk R to sit line ,-, slowly extend left arm up ,-) ;

PART A

1-8 **2 SLOW X-SWIVELS ; QUICK TELEMAR WITH SEPARATION ; FAN ; STOP AND GO HOCKEY STICK ; ; HOCKEY STICK OVERTURNED TO FACE AND JOIN RIGHT HANDS ; ; SHADOW NEW YORKER TO AN L ;**

1 {2 SL Swivels} Rk sd R as lead W to swvl,-, recov L lead W to swvl,- (W fwd L, swvl ½ LF, fwd R, swvl ½ RF to fc LOD) ;

2 &OOS {Quick Telemark with separation} On the & ct slip bk R trng LF/fwd Ltrng LF to CP, fwd & sd R arnd W, sd L fc WALL leave W behind by keeping arms to her (W qk step fwd L pick up CP/bk R trn LF, cl L to R heel trn, replace wgt onto R & press LF with L knee bend,-) ;

3 {Fan} Rk bk R, recov L, sd R to fan pos (W fwd L, fwd R trn LF, bk L leave R extended fc RLOD,-) ;

4-5 {Stop & Go Hockey Stick} Rk fwd L, recov R, small sd L leading W to LF underarm trn (W cl R to L, fwd L, fwd R trn LF under joined lead hnds fc LOD,-) ; Lunge thru R with knee bend look twd W, recov L, sd R leading W under joined lead hnds bk to fan pos (W bk L, recov R, fwd L trng RF under joined lead hnds leave R leg pointing fwd in fan pos,-) ;

6-7 {Hockey Stick Overturned to Face & Join R hands} Rk fwd L, recov

- R, cl L to R bring joined lead hnds up and btwn faces twd RLOD (W cl R, fwd L, fwd R,-) ; Trn slgt RF small chk bk R under body, recov L to WALL leading W LF under joined lead hnds, sd R join R hands fc WALL (W fwd L begin slgt LF trn, fwd R to DRW trn under lead hnds LF, sd L.-) ;
- 8** {**Shadow New Yorker to an L**} With R hnds joined trn RF fwd L RLOD L arm to sd M's arm behind W, rec R trn LF to WALL, sd L & lead W to fc LOD, (W trn LF fwd R RLOD, rec L trn RF to LOD, sm fwd,-) ; L postion
- 9-16** **ALTERNATING X-BODY (4 MEASURES) ; ; ; LAST ONE TO FACE (LEAD HANDS) ; AIDA ; SWITCH & CROSS TO LEFT OPEN REVERSE ; RUMBA WALK 6 ; ;**
- 9** {**Alternating X-body**}
With R hnds joined Bk R, rec L trng LF, sd & fwd R fc LOD extend L arm sd, - (W fwd L, fwd R trn ½ LF, cont trn sd & bk L fc wall, -);
- 10** Fwd L, fwd R trng ½ LF, cont trn sd & bk L fc wall, - (W bk R, rec L trng LF, sd & fwd R fc LOD extend L arm sd, -);
- 11** Bk R, rec L trng LF, sd & fwd R fc LOD extend L arm sd, - (W fwd L, fwd R trn ½ LF, cont trn sd & bk L fc wall, -);
- 12** {**Last one to face**} Fwd L, fwd R trng ½ LF join lead hnds, cont trn sd & bk L fc wall, - (W bk R, rec L trng LF, sd to R fc ptrn extend L arm sd, -);
- 13** {**Aida**} Thru R to LOD bringing trailing arms thru, sd L trng RF, bk R to V bk to bk pos trailing arms bk & up, -;
- 14** {**Switch & X to LOP Reverse**} Bring L foot and lead arms thru to LOD sd L, rec R trng Rf to LOP RLOD, fwd L,-;
- 15-16** {**Rumba Walk 6**} Fwd, R, L, R,-; fwd L, R, L,-;
- 17-20** **CUCARACHA CROSS TO CP ; INTO CRAB WALK ; ALEMANA TURN TO LOOSE CLOSED ; ADVANCED HIP TWIST ;**
- 17** {**Cucaracha Cross to CP**} Turning LF Sd R, rec L, cross RIF ;
- 18** {**Into Crab Walk**} Sd L, cross RIF, sd, L raise Lead hand-;
- 19** {**Alemana Turn to Loosed CP**} Bk R slightly across body leading W under leads hnds, rec L, cl R,- (W fwd L DC under lead hands trng ½ RF, fwd R DRW trng ¼ RF, fwd L M's R sd,-) ; CP
- 20** {**Advanced Hip Twist**} Fwd L, rec R, XLIB,-; (W swvl on weighted foot ½ RF bk R, rec L swvl 5/8 LF, fwd R outside ptrn swvl ¼ RF,-) ;

REPEAT PART A
PART B

- 1-9** **CROSS BODY TO LEFT OPEN FACE CENTER ; 2 SLOW HIP ROCKS ; ALEMANA TO LARIAT ; ; ; TO CLOSED POSITION ; BREAK BACK TO HALF OPEN ; START IN & OUT RUN ; WITH CUDDLE PIVOT ENDING (COH) ;**
- 1** {**X-body to LOP FC COH**} Bk R trng LF ¼, rec L, continue trng to COH sd R lead hands low,- (W fwd L trng LF ¼, fwd R continue tng LF ¼, sd L.-) ;
- 2** {**2 SL Hip Rocks**} Sd L,-, Sd R,-;
- 3-4** {**Alemana to Lariat to CP**} Fwd L, rec R, cl L raise L hands to sd, -(W bk R, fwd L, fwd R trng RF fc M, -) ; Bk R lead W under lead hands, rec L to fc wall, cl R, - (W fwd L DC under lead hands swiv RF ½, fwd R DRW

- trng RF, sd L, -) to CP;
- [NOTE Optional Rope Spin Here]**
- 5-6 Keeping lead hands joined lead W to circle Rf around M sd L, rec R, Cl L,-; bk R, rec L, Cl R leading W to CP-, (W circle RF around M fwd R, L, R,-; fwd L, R, L,-) ; CP WALL
- 7 **{Break Back to ½ Open}** Releasing Lead hands Bk L trng LF ¼ to Fc RLOD, rec R, fwd L,-;
- 8-9 **{Start In & Out Run with Cuddle Pivot Ending}**
Fwd R, fwd & acrs W L to fc LOD, trn to fc RLOD in LEFT HALF OP stepping fwd R (W fwd RLOD L,R,L,-) ;
Fwd RLOD L, fwd R between W's ft pvt ¼ RF to fc COH w/ arms arnd W, sd L (W fwd R, fwd & acrs M L pvt RF to fc WALL placing arms on M's shldr, sd R,-) to CUDDLE POS COH ;
- 10-16 **HIP ROCK 3 LADY CARESS ; BASIC CROSS BODY ; JOIN RIGHT HANDS ; SHADOW BREAK LADY SPIRAL TO FAN ; MAN SPOT & HAND CHANGE BEHIND BACK ; HOCKEY STICK ; LEAD HANDS LOW ;**
- 10 **{Hip Rock 3 W Caress}** Moving through hips rk sd R, rk sd L, rk sd R,-; (Caress M's face with both hands while moving through hips rk sd L, sd R, sd L,-) ;
- 11-12 **{Basic X-body Join R Hands}** Blending to CP rk fwd L, rec R trng ¼ LF to fc RLOD blending to "L" pos joining ld hnds, sd L WALL (W rk bk R, rec L, fwd R,-) ; Rk bk R, rec L trng ¼ LF to fc WALL, sd & fwd R to fc ptr (W fwd L, fwd R trng ½ LF to fc ptr, bk & sd L,-) join R hnds ;
- 13 **{Shadow Break Lady Spiral to a Fan}** Trn LF to fc LOD rk bk L, rec R, fwd L (W trn RF tofc LOD rk bk R, rec L, fwd R spiral LF under joined R hnds,-) ;
- 14 **{Man Spot & Hand Change behind Back}** Fwd R trn ½ LF & bring R hnds behind bk, chg to lead hnds joined fwd L trn ¼ LF, sd R in fan pos (W fwd L, fwd R trn ½ LF, bk L leave R extended fwd in fan,-) ;
- 15-16 **{Hockey Stick Lead hands low}** Rk fwd L, recov R, cl L to R bring joined lead hnds up and btwn faces twd RLOD (W cl R, fwd L, fwd R,-) ; Trn slgt RF small chk bk R under body, recov L to WALL leading W LF under joined lead hnds, sd R lead hnds low fc WALL (W fwd L begin slgt LF trn, fwd R to DRW trn under lead hnds LF, sd L,-) ;

END

- 1-6 **THREE ALEMANAS ; ; ; TO CP ; FORWARD BASIC TO CUDDLE CORTE ; EMBRACE ;**
- 1-4 **{Three Alemanas to Cuddle Pos}** LOP-FCG/WALL fwd L, rec R, cl L raising jnd lead hnds, - (W bk R, rec L, fwd R, -) ; Bk R slightly across body leading W trn RF, rec L, cl R, - (W fwd L across body under jnd lead hnds comm trng RF, cont trng RF fwd R, cont trng RF sd & fwd L swiveling RF to fc DLW, -) end W slightly to his R-sd ; Sd L raising jnd lead hnds to lead W fwd, rec R, cl L, - (W fwd R comm sharp LF trn, fwd L cont trng LF under jnd lead hnds, sd & fwd R to fc M, -) ; Bk R slightly across body leading W trn RF, rec L, sd R joining R-hnds, - (W fwd L across body under jnd lead hnds comm trng RF, cont trng RF fwd R, cont trng RF sd & fwd L to fc M, -) CP ;
- 5-6 **{Forward Basic to Cuddle Corte}** Fwd L, rec R, sd & bk L
{Embrace} In cuddle position W lay head on M's R Shoulder ;