I'VE BEEN BETTER

Choreo: Tony Speranzo 3205 Ipswich Lane, St. Charles, MO 63301-8904
(636) 947-0988 Round_Dancer@yahoo.com

Record: Arista 07822-13176-7 I've Been Better by Brad Paisley

Footwork: Opposite-direction for man except where noted  Speed: 46

Phase: IV+1 (Closed Hip Twist) Rumba  Released: Jan 2000

Sequence: Intro - A - B - A - B - C - B - ENDING

INTRO

1 - 4 WAIT 3 BEATS AND 2 MEAS;; CUCARACHA L & R W/ARMS;;
1 - 4 wait OP M facting Ptr & wall 2 measures;; Sd L, rec R, cl L, -; Sd R, rec L, cl R, -; (Note: as you step sd on L bring L arm out & up, then down in front of face and when stepping sd R bring R arm out & up, & down in front of face.)

PART A

1 - 4 FULL BASIC;; FENCELINE; START SIDE WALKS;
1 - 4 fwd L, rec R, sd L, -; bk R, rec L, sd R, -; XLIF of R twd RLOD (W XRIF of L), rec R/BFLY, sd L, -; cls R to L, sd L, cls R to L, -;

5 - 8 FINISH SIDE WALKS; AIDA; SWITCH ROCK/BFLY; CUCARACHA RIGHT;
5 - 8 sd L, cls R to L, sd L, -; Thru R, sd L to fc ptr, trng RF bk R to aida line looking RLOD, -; Trng LF (W RF) sd L fc ptr, rec R, sd L, -; sd R, rec L, cl R blending to BFLY/WALL, -;

9 - 12 OPEN BREAK; WHIP; FENCELINE TWICE;;
9 - 12 rk apt L extnd R arm up with palm out, rec R lower arm, sd L, -; (WHIP) Bk R commencing LF trn, rec L cont LF trn to BFLY/COH, sd R (W fwd L across M's lt sd commencing LF trn, fwd & sd R cont LF trn fc WALL, sd L, -; thru L w/ flexed knee, rec R to fc, sd L, -; thru R w/ flexed knee, rec L to fc, sd R, -;
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PART A  
(Continued)  

13 - 17 SHOULDER/SHOULDER TWICE;; NEW YORKER; WHIP;  
CUCARACHA IN 4:  
13 - 17 BFLY pos XLIF to contra SCAR, rec R to fc, sd L, -; BFLY pos XRIF to contra BJO, rec L to fc, sd R, -; xLif of R blending to LOP, rec R blending to fc ptr & wall, sd L twd LOD, -; Bk R commencing LF trn, rec L cont LF trn to BFLY/WALL, sd R(W fnd L across M's lt sd commencing LF trn, fwd & sd R cont LF trn fc COH, sd L), -; sd L, rec R, cls L to R, cls R;  

PART B  

1 - 4 CLOSED HIP TWIST TO A FAN;; ALEMANA;;  
1 - 4 Fwd L, rec R, sd & bk L (W bk R turn ~ RF, rec L turn j LF, fwd R twds ptr swvl RF to fc LOD), -; fwd L, rec R, sd L, - (W cls R to L, fwd L, fwd R); bk R, rec L, sd R, - (W XLIF trn 1/2 RF, fwd R trn 1/2 rf to fc, sd L, -);  

5 - 8 HAND/HAND TO OPEN/LOD; KIKI WALKS;; SPOT TURN;  
5 - 8 rk bk L to op lod, rec R, fwd L, -; Fwd R,L,R placing each ft directly in front of supporting ft(W fwd L,R,L), -; Fwd L,R,L (W fwd R,L,R), -; xrif of L(W xlif) to rlod trng lf, rec L trng lf to fc ptr bfly coh, sd R, -;  

9 - 12 SPOT TURN; CUCARACHA RIGHT; NEW YORKER; START CRAB WALKS;  
9 - 12 xlif of R(W xrif) to rlod trng rf, rec R trng rf to fc ptr bfly coh, sd L, -; sd R, rec L, cls R to L, -; xlif of R blending to LOP, rec R blending to fc ptr & wall, sd L twd LOD, -; XRIF, sd L, XRIF, -;  

13 - 16 FINISH CRAB WALKS; NEW YORKER; MERENGUE 8;;  
13 - 16 Sd L, XRIF, sd L, -; thru R rt hnds joined to OP, rec L, sd R, - BFLY; stepping sd L with the outside of L ft off the floor and the instep touching the floor sd L, rolling the L sd of L ft on to the flat part of the floor cls R to L, (repeat 3 more times) sd L, cls R to L; sd L, cls R to L, sd L, cls R to L;
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PART C

1 - 4 CHASE:

5 - 8 NEW YORKER/OP-LOD; PROGRESSIVE WALK SIX;; SPOT TURN;
5 - 8 xlif of R blending to LOP, rec R blending to fc ptr & wall, sd L twd LOD blending to OP/LOD, -: fwd R, fwd L, fwd R, -: fwd L, fwd R, fwd L, -: xrif of L (W xlif) to rlod trng lf, rec L trng lf to fc ptr bfly coh, sd R, -;

9 - 12 OPEN BREAK; WHIP; FENCELINE; START CRAB WALKS;
9 - 12 rk apt L extnd R arm up with palm out, rec R lower arm, sd L, -: Bk R commencing LF trn, rec L cont LF trn to BFLY/COH, sd R (W fwd L across M's lt sd commencing LF trn, fwd & sd R cont LF trn fc WALL, sd L), -: thru L w/ flexed knee, rec R to fc, sd L, -: XRIF, sd L, XRIF, -;

13 - 15 FINISH CRAB WALKS; WHIP; CUCARACHA IN 4;
13 - 15 xlif, sd R, xlif, -: Bk R commencing LF trn, rec L cont LF trn to BFLY/WALL, sd R (W fwd L across M's left sd commencing LF trn, fwd & sd R cont LF trn fc COH, sd L), -: sd L, rec R, cls L to R, cls R;

ENDING

1 - 4 FULL BASIC;;TWO SIDE CLOSES; SIDE CORTE;
1 - 4 fwd L, rec R, sd L, -: bk R, rec L, sd R, -: sd L, cls R to L, sd L, cls R to L; sd L, turn to RSCP RLOD pt R twd rev, -;
CHOREO: TONY SPERANZO
PH IV RUMBA
RECORD: ARISTA 07822-13176
SPEED: 46 RPM'S
SEQ: INTRO – A – B – A – B – C – B – END

INTRO: WAIT 3 BEATS & 2 MEAS;; CUCARACHA L & R W/ARMS;;

PART A: FULL BASIC;; FENCELINE; SIDE WK'S;; AIDA;
SWITCH RK/BFLY; CUCARACHA R; OP BRK; WHIP;
FENCELINE 2X;; SHLDR/SHLDR 2X;; NEW YORKER; WHIP;
CUCARACHA IN 4;

PART B: CLOSED HIP TWIST/A FAN;; ALEMANA;; HND/HND TO/OP;
KIKI WALKS;; SPOT TURN 2X;; CUCARACHA R; N YRKR;
CRAB WALKS;; N YRKR; MERENGUE 8;;

PART A: FULL BASIC;; FENCELINE; SIDE WK'S;; AIDA;
SWITCH RK/BFLY; CUCARACHA R; OP BRK; WHIP;
FENCELINE 2X;; SHLDR/SHLDR 2X;; NEW YORKER; WHIP;
CUCARACHA IN 4;

PART B: CLOSED HIP TWIST/A FAN;; ALEMANA;; HND/HND TO/OP;
KIKI WALKS;; SPOT TURN 2X;; CUCARACHA R; N YRKR;
CRAB WALKS;; N YRKR; MERENGUE 8;;

PART C: CHASE;;;; N YRKR/OP-LOD; PROG WK SIX;; SPOT TURN;
OP BRK; WHIP; FENCELINE; CRAB WALKS;; WHIP;
CUCARACHA IN 4;

PART B: CLOSED HIP TWIST/A FAN;; ALEMANA;; HND/HND TO/OP;
KIKI WALKS;; SPOT TURN 2X;; CUCARACHA R; N YRKR;
CRAB WALKS;; N YRKR; MERENGUE 8;;

END: FULL BASIC;; 2 SD CLS'S; SD CORTE;