

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 TO BACK
1-4 **WALK 3 ; MEN CLOSE; ALEMANA TURN TO CP ; OPEN OUT TO SIDE LUNGE LADY SIT LINE & HOLD;**
1-2 **{W Turn to back walk 3 men close}** Wait 1 pickup note , Raise trail arms ,-, M lead lady to turn ½ RF on 4,- ; Bk L , bk R, cl 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 Side Lunge Lady Sit Line & Hold}** Lead W to swivel RF ¼ sd 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 TELEMARQUE WITH SEPARATION ; FAN ; STOP AND GO HOCKEY STICK ; ; HOCKEY STICK OVERTURNED TO FACE AND JOIN RIGHT HANDS ; ; SHADOW NEW YORKER TO AN L ;**
1 SS **{2 SL X-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 **&QQS {Quick Telemarque with separation}** On the & ct slip bk R trng LF/fwd L trng 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 JOIN LEAD
HANDS ; AIDA ; SWITCH CROSS TO LEFT OPEN REVERSE;
RUMBA WALK 6 TO FACE ; ;**
- 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 Join Lead Hands}** Fwd L, fwd R trng ½ LF join lead hnds, cont
trn sd & bk L fc wall, - (W bk R, rec L trng LF, fwd R 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 To Face }** 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 ptnr swvl ¼ RF,-) ;

REPEAT PART A

PART B

- 1-9 **CROSS BODY TO CENTER LEAD HANDS LOW ; 2 SLOW HIP ROCKS ;
ALEMANA TO LARIAT ; ; ; TO CLOSED COH ; BREAK BACK TO
HALF OPEN REVERSE; START IN & OUT RUN ; WITH CUDDLE
PIVOT ENDING (COH) ;**
- 1 **{X-body to COH Lead Hands Low}** 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 SS **{2 SL Hip Rocks}** Sd L-, Sd R,-;
- 3-4 **{Alemana to Lariat to CP COH}** 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 COH, cl R, - (W fwd L DRW under lead hands swiv RF ½, fwd R
DLC trng RF, sd L, -) to CP COH;
[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 COH
- 7 **{Break Back to ½ Open Reverse}** 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 COH}**
 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 ; MEN SPOT TURN WITH HAND CHANGE BEHIND BACK ; HOCKEY STICK OVERTURNED TO FACE; 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 {Men Spot Turn With 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 Over Turned 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 CP}** 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 ;