

Better Off?

Choreographed by Joerg Hammer

Description: 48 count, 4 wall, intermediate line dance
Musik: I'm From The Country by Tracy Byrd [132 bpm]

Start dancing on lyrics

HEEL TAPS, TOE TOUCHES, STOMP & HIP ACTION

- 1 Touch right heel forward
- & Step right together
- 2 Touch left heel forward
- & Step left together
- 3 Touch right to side
- & Step right together
- 4 Touch left to side
- & Step left together
- 5 Stomp right foot slightly forward and to the right side with weight still on left
- 6 Stomp right foot a little further to the right
- 7-8 Circle hips to the right from front to back

ROLLING VINE, POINT, BALL, CROSS

- 9 Step left to side, making $\frac{1}{4}$ turn to left
- 10 Pivoting on left foot, swing right leg around to complete a $\frac{1}{2}$ turn left and place weight on right foot
- 11 Pivoting on right foot, swing left foot around to complete a $\frac{1}{4}$ turn left and place weight on left foot facing forward again
- 1 2Cross right over left
- 13 Kick left to side, toes pointing down
- & Rock back with ball of left foot, facing front
- 14 Cross right over left, still facing forward
- 15 Kick left to side, toes pointing down
- & Rock back with ball of left foot, facing front
- 16 Cross right over left, still facing forward

PIVOT TURN, SLIDE, FAST GRAPEVINE

- 17 Step $\frac{1}{4}$ turn to the left
- 18 On the ball of the left foot, pivot $\frac{1}{2}$ turn to the right, put weight on right foot
- 19 Step left forward
- 20 Take a big step to the right, completing $\frac{1}{4}$ turn to the left, facing front again
- 21-22 Drag left foot next to the right foot
- 23 Cross left behind right
- & Step right to side
- 24 Cross left over right

$\frac{3}{4}$ MONTEREY TURN, START ROLLING VINE

- 25 Touch right to side
- 26 Pivot $\frac{3}{4}$ right on left foot & step right foot together
- 27 Touch left to side
- 28 Step left together
- 29 Step right forward
- 30 Rock back on the left foot
- 31 Pivoting on the left foot, swing right leg around to complete a $\frac{1}{2}$ turn to the right and place weight on right foot
- 32 Pivoting on the right foot, swing left leg around to complete a $\frac{1}{2}$ turn to the right and place weight on left foot

COMPLETE ROLLING VINE BACK, PIVOT TURN, RUNNING MAN

- 33 Pivoting on left foot, swing right leg around to complete a $\frac{1}{2}$ turn right and place weight on right foot
- 34 Step left forward

- 35 Step right forward
- 36 On the ball of the right foot, pivot ½ turn to the left, put weight on left foot
- 37 Stomp right forward
- & Scoot right foot back and lift left foot up and beside right calf at the same time
- 38 Stomp left forward
- & Scoot left foot back and lift right foot up and beside left calf at the same time
- 39 Stomp right forward
- & Scoot right foot back and lift left foot up and beside right calf at the same time
- 40 Stomp left forward
- & Scoot left foot back and lift right foot up and beside left calf at the same time

BREAK PATTERN, STOMP, SNAKE, BODY ROLL

- 41 Stomp right foot diagonal (45 degree angle) right forward, cross your arms slightly and bring them out hip high as you stomp forward
- 42-44 Hold for count 42-44
- 45-46 Complete a side moving body roll diagonally forward
- 47-48 Complete a body roll back (with a 1/8 turn right of the upper body to face front again weight ending on left)

REPEAT

As you hit the end of the 7th wall there's a break in the music. You need to repeat the first 4 counts of the break pattern twice, first with the left foot, then again with the right foot and keep on going with count 45 after that and you are back in!