

Dance name – You Deserve Better

Music/artist – You Deserve Better by James Arthur (3.27min)

Counts/Level – 64 Counts, 2 Wall, Advanced level (1 Restart after 32c, wall 4)

Choreographer – Fred Whitehouse (Ireland) f_whitehouse@hotmail.com

Intro – 40 Counts from start of track (approx:24 Seconds)

1-8

Step Sweep, Cross, Step Side, Heel Ball Step, ½ Turn Twist & Look, Touch x2

1,2& Step RF forward sweeping LF from back to front, Step LF over R, step RF to R side

3&4 Touch L heel to L diagonal, close LF next to R, step RF forward

5,6& Swivel both heels R making ½ turn L looking back over shoulder, recover heels back to center placing weight on LF, step RF back to R diagonal

7&8 Touch LF next to R, step LF back to L diagonal, touch RF next to L

9-16

Push Step x2, Step, Out, Out, Swivel, Swivel Rise, Drop, Heel, Ball Step

&1&2 Rock RF back diagonal, recover weight on to L, rock RF back diagonal, recover weight on to L (Push step, use the ball of the RF to Rock back)

3&4 Step RF forward diagonal, step LF to L side, step RF to R side squaring up to 12.00

&5,6 Swivel both heels R, swivel toes R and rise up on ball of feet facing diagonal, recover weight on LF (1.30)

7&8 Touch R heel forward, close RF next to R, step LF forward

17-24

Sweep x2, Sailor ½ Turn R, Rock, Recover & Hitch, Weave

1,2 Step RF back sweeping LF from front to back, step LF back sweeping RF from front to back

3&4 Step RF behind L, ¼ turn R stepping LF to L side, ¼ turn R stepping RF forward

5,6 Rock LF forward, recover on R hitching L knee

7&8 Step LF behind R, 1/8 turn R stepping RF to R side, cross LF over R

25-32

¾ Box Turn, Ball Step, Slide Feet Apart, Drag Feet Back Together Making ¾ Turn L, Place Weight On LF

1,2 Step RF to R side, ¼ turn L stepping LF to L side,

3,4 ¼ turn L stepping RF to R side, ¼ turn L stepping LF to L side (Styling: Pop Knees out on every ¼ Turn)

&5,6 Close RF next to L, step LF to L side, twist both heels & body ¼ turn R (Push feet further apart if possible)

7,8 Make ¾ Turn L pulling LF towards RF (Pull feet back together making ¾ turn) place weight on L

(Restart Here During Wall 4)

33-40

Walk R,L, Rock & Cross, ¼ Turn R x2, Rock ,¼ Turn R, Cross

1,2 Step RF forward, step LF forward

3&4 Rock RF to R side, cross RF over L

5,6 ¼ turn R stepping LF back, ¼ turn R stepping RF forward

7&8 Rock LF forward, ¼ turn R stepping RF to R side, cross LF over R

41-48

Heel Switches x2, Double Heel Switch R, Sailor ¼ Turn R, Triple Full Turn L

1&2& Touch R heel to R diagonal as you swivel L heel in, close RF next to L, touch L heel to L diagonal as you swivel R heel in, close LF next to R (option: Touch R to R side, close R next to L, touch L to L side, close L next to R)

3&4 Touch R heel to R diagonal as you swivel L heel in, touch RF next to L, touch R heel to R diagonal as you swivel L heel in (option: Touch R to R side, touch R next to L, touch R to R side)

5&6 Step RF behind L, step RF to R side, ¼ turn R stepping RF forward

7&8 Make full turn L stepping L,R,L (triple full turn, weight ending on LF)

49-56

Camel Walks x4, Rock & Cross x2, Point RF to R Side

1,2 1/8 turn L stepping RF forward pop L knee, 1/8 turn L stepping LF forward pop R knee

3,4 1/8 turn L stepping RF forward pop L knee, 1/8 turn L stepping LF forward pop R knee facing 12.00 (on all pops, tap both hands on hips to hit the beat)

5&6 Rock RF to R side, recover on to L, cross RF over L

&7 Rock LF to L side, recover on to R,

&8 Cross LF over R, point RF to R side

57-64

½ Turn L x2 (moon walk glides) & Lock, ½ Turn L Unwind, Walk R,L

1,2 Step RF forward pushing LF back, ½ turn L placing weight on LF

3,4 Step RF forward pushing LF back, ½ turn L placing weight on LF (1/2 turn moon walk glides)

&5,6 Step RF forward, touch LF behind R, unwind ½ turn L placing weight on L

7,8 Step RF forward, step LF forward

Happy Dancing.