

Better When I'm Dancing

Artist: Meghan Trainor / Album: The Peanuts Movie/ i-Tunes download / Time 2:56

Level: Intermediate / Genre: Pop / Moderate speed

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Sequence: A B C D A B C D* Break C D Ending

Wait 16 Beats, begin with left foot lead

Part A (32 beats)

(8) 2 Heel Pulls
+ Triple (P) H(w)(ots) S (P) H(w)(ots) S DS DS DS RS
L R L R L R L R L R L RL
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

(8) Me & You DS DT(xif) H(clk) DT(ots) H(clk) RS DT H(clk) RS DS RS
R L R L R LR L R LR R LR
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

Repeat above 16 beats using opposite footwork

Part B (32 beats)

(8) Vine Brush Turn (1/2 L)
+ Pushoff DS DS(xib) DS BR(1/2 L) H(clk) DS RS RS RS
L R L R L R LR LR LR
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

(8) Samantha DS DS(xif) DR S DR S RS DS DS RS
L R R L L R LR L R LR
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

Repeat above 16 beats using same footwork

Part C (32 beats)

(8) Groovy
(diagonal left fwd) DS BR H(clk) T(xif) H Tap H(clk) BR H(clk) T(xif) H BR (H) T(xif) H
L R L R R L R L R L L R L R R
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

(4) Step Back Basic (P) S(ib) Pull Back S DS RS
L R R L RL
& 1 & 2 & 3 & 4

(4) Fancy Double DS DS RS RS
R L RL RL
& 1 & 2 & 3 & 4

Repeat above 16 beats using opposite footwork

Part D (16 Beats)

(8) Eric DS DT H(clk) R H(w) RS R H(w) RS DS RS
L R L R L RL R L RL R LR
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

(8) 2 Cha Cha (p) S(if) (p) S(ib) (p) S(ots) RS
L R L RL
& 1 & 2 & 3 & 4

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Part A [2 Heel Pulls, 1 Triple, Me & You] Repeat using opposite footwork

Part B [Vine Brush Turn(½ L), Samantha] Repeat using same footwork

Part C [Groovy, Step Back Basic, Fancy Double] Repeat using same footwork

Part D* (32 Beats)

(8) Eric DS DT H(clk) R H(w) RS R H(w) RS DS RS
L R L R L RL R L RL R LR
&1 & 2 & 3 &4 & 5 &6 &7 &8

(4) Cha Cha (turn ½ L) (p) S(if) (p) S(ib) (p) S(ots)(turn ½ L) RS
L R L RL
& 1 & 2 & 3 &4

(4) Cha Cha (p) S(if) (p) S(ib) (p) S(ots) RS
R L R LR
& 1 & 2 & 3 &4

Repeat the above 16 beats using same footwork

Break (32 Beats)

(4) Raise the Roof DS R(f)S R(f)S R(f)S
(raise arms in the air) L R L R L R L
&1 & 2 & 3 & 4

(4) Triple (turn ¾ R) DS DS DS RS
R L R LR
&1 &2 &3 &4

Repeat the above 8 beats 3 times

Part C [Groovy, Step Back Basic, Fancy Double] Repeat using same footwork

Part D (Eric, Cha Cha ½ L, Cha Cha] Repeat using same footwork

Ending (16 Beats)

(8) Vine Brush Turn (½ L) + Push Off
Repeat using same footwork

Step

Step abbreviations

DT = double toe
DS = double toe step
S = step
RS = rock step
T = toe
H = heel
BR = brush
P = Pause

Direction

xif = cross in front
xib = cross in back
if = in front
ib = in back
ots = out to side
f = moving forward
tch = touch
clk = click
w = weight