

A BETTER WOMAN

By ... Beccy Cole

LEVEL: BASIC PLUS +3
MUSIC: Beccy Cole, CD Album, The Best of CMC 2006
CHOREO: Kathy Hedger, Capital Cloggers Canberra, Yass Country Cloggers,
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WAIT: 8 BEATS, LEFT FOOT LEAD
SEQUENCE: INTRO-A-B-BRK-1/2A-B-INT-C



<p>(8) INTRO: 4 2 FRONT TOUCHES 4 FANCY DOUBLE</p> <p>(64) PART A: 4 SLUR BRUSH – (TRN 1/2 L) 4 CHAIN RIGHT 8 COWBOY 4 SLUR BRUSH – (TRN 1/2 L) 4 CHAIN RIGHT 8 2 WINDSTERS 4 2 SLUR STEPS – (MOVE L) 4 ROCK’N’KICK 4 2 SLUR STEPS – (MOVE R) 4 ROCK’N’KICK 4 2 KENTUCKY DRAGS 4 TRIPLE 4 2 KENTUCKY DRAGS 4 TRIPLE</p> <p>(24) PART B: 4 STOMP DOUBLE – (TRN 1/2 L) 4 VINE RIGHT 8 REPEAT TO FACE FRONT 8 ROCK PULLS BASIC</p> <p>(16) BREAK: 16 2 FANCY VINE – (L & R)</p> <p>(32) 1/2 PART A: 4 SLUR BRUSH – (TRN 1/2 L) 4 CHAIN RIGHT 8 COWBOY 4 SLUR BRUSH – (TRN 1/2 L) 4 CHAIN RIGHT 8 2 WINDSTERS</p>	<p>(24) PART B: 4 STOMP DOUBLE – (TRN 1/2 L) 4 VINE RIGHT 8 REPEAT TO FACE FRONT 8 ROCK PULLS BASIC</p> <p>(32) INTERLUDE: 4 TRAVELLING PIVOT – (TRN 3/4 R) 4 FANCY DOUBLE 24 REPEAT 3 MORE TIMES</p> <p>(58) PART C: 4 WALK IT OVER 4 TRIPLE 8 REPEAT OPPOSITE FOOTWORK 4 STOMP DOUBLE – (TRN 1/2 L) 2 1 BASIC 4 STOMP DOUBLE - (TRN 1/2 L) 4 VINE RIGHT 8 ROCK PULLS BASIC 4 WINDSTER 4 CHAIN BACK 8 ROCK PULLS BASIC 5 STEPPING MA’AM</p>
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STEP EXPLANATION - A BETTER WOMAN:

FRONT TOUCH (2):

DS TCH(F) H
L R L
&1 & 2

FANCY DOUBLE (4):

DS DS RS RS
L R LR LR
&1 &2 &3 &4

CHAIN (4):

DS [RS RS RS]-(MOVE R)
R LR LR LR
&1 &2 &3 &4

SLUR BRUSH (4):

DS SLR-S(XIB) DS BR(UP) H
L R R L R L
&1 & 2 73 & 4

COWBOY (8):

[DS DS DS]-(FWD) BR(XIF) H DS(XIF) [RS RS RS]-(BK)
L R L R L R LR LR LR
&1 &2 &3 & 4 &5 &6 &7 &8

WINDSTER (4):

DS BR(XIF) H BR(X) H RS
L R L R L RL
&1 & 2 & 3 &4

SLUR STEP (2):

DS SLR-S
L R R
&1 & 2

ROCK'N'KICK (4):

RS DS RS K(UP) H
LR L RL R L
&1 &2 &3 & 4

KENTUCKY DRAG (2):

DS DR S(XIF)
L L R
&1 & 2

TRIPLE (4):

DS DS DS RS
L R L RL
&1 &2 &3 &4

STOMP DOUBLE (4):

(P) STO [DS DS RS]-(TRN ½ L)
L R L RL
& 1 &2 &3 &4

VINE (4):

DS DS(XIB) DS(OTS) RS
R L R LR
&1 &2 &3 &4

TRAVELLING PIVOT (4):

DS DS(XIF) DS(OTS) (P) S(PVT ½ R - LOOP MOTION)
L R L R L R
&1 &2 &3 & 4

ROCK PULLS BASIC (8):

R S(FWD) CLOSE-S(BS) R S(FWD) CLOSE-S(BS) R S(FWD) CLOSE-S(BS) DS RS
L R L L R L R R L R L L R LR
& 1 & 2 & 3 & 4 & 5 & 6 &7 &8

FANCY VINE (8):

DS DS(XIF) DS(OTS) RS DS(XIF) DS(OTS) RS RS
L R L RL R L RL RL
&1 &2 &3 &4 &5 &6 &7 &8

WALK IT OVER (4):

DS(OTS) DS(XIF) DR S(BK) DR S(BK)
L R R L L R
&1 &2 & 3 & 4

BASIC (2):

DS RS
R LR
&1 &2

STEPPING MA'AM (5):

(P) S (P) S R S(OTS) (P) TT(XIB) (P) S(OTS)
L R L R L L
& 1 & 2 & 3 & 4 & 5