

BETTER WHEN I'M DANCIN' MERENGUE pg 1 of 4

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MUSIC: "Better When I'm Dancin'" by Meghan Trainor 2:56 download Amazon.com
RHYTHM: MERENGUE RAL phase V+ 2 [snake, curly whip]
FOOTWORK: Opposite unless indicated. SPEED: slowed 7% adjust for comfort
SEQUENCE: INTRO A INTER A(MOD) INTER B INTER B(1-10) END revised: 5/17

INTRO

- 1-4 WAIT;; OP BRK; TWIRL 2 SD CL;
1-2 CP WALL lead ft free wait;;
3 [OP BRK] rk apt L, rec R, sd L, cl R;
4 [TWIRL 2 SD CL] raise lead hnds to lead W to trn RF undr jnd hnds sd L, XRIB of L, sd L, cl R (W comm RF trn undr jnd lead hnds sd R, swiveling on ball of R foot fwd L trng RF undr jnd lead hnds to fc ptr, sd R, cl L);

PART A

- 1-6 SD SEPARATION;;; RK & WRAP FC RLOD; WHEEL UNWRAP TO TANDOM LOD (W TRANS IN 3);
1 [SD SEPARATION] blending to BFLY sd L, cl R, sd L, tch R (W sd R, cl L, sd R, cl L);
2 moving twd RLOD releasing hnds sd R, cl L, sd R, tch L (W moving twd LOD sd R, cl L, sd R, tch L);
3 moving twd LOD sd L, cl R, sd L, cl R (W moving twd RLOD sd L, cl R, sd L, cl R);
4 cont moving twd LOD sd L, cl R, sd L, cl R (W cont moving twd RLOD sd L, cl R, sd L, tch R) join R/R hnds;
5 [RK & WRAP FC RLOD] R hnds jnd lead ft free rk apt L, rec R, fwd L trng RF 1/4 to fc RLOD leading W to wrap into M's R arm, cl R (W rk apt R, rec L, fwd R trng 1/4 LF to fc RLOD on M's R sd, cl L);
6 [WHEEL UNWRAP TO TANDOM LOD (LADY IN 3)] moving CW in wrapped pos fwd L, fwd R, fwd L release lead hnds, fwd R to fc LOD (W bk R, bk L, fwd R moving ahead of M to fc LOD, tch L to R) end fcg LOD in tandem pos;
- 7-10 SAME FOOT MARCHESSI M TRANS W/CLOSE;;;
7-10 Both with L foot free press L heel fwd with weight, rec R, press L toe bk with weight, rec R; press L heel fwd with weight, rec R, press L heel fwd with weight, rec R; press L toe bk with weight, rec R, press L heel fwd with weight, rec R; press L toe bk with weight, rec R, cl L, (W press L toe bk with weight, rec R, press L toe bk with weight, rec R) end both fcg LOD with trail ft free;
- 11-14 CONGA WLKS WITH HIP LIFTS;;; WLK 2 SD CL;
11-12 [CONGA WLKS WITH HIP LIFTS] trn 1/4 RF fwd R twd WALL, fwd L, fwd R, trn to fc ptr pnt L sd/Q raise & lower L hip (W trn 1/4 LF fwd L twd COH, fwd R, fwd L, trn to fc ptr pnt R sd/Q raise & lower R hip); fwd L twd COH, fwd R, fwd L, trn to fc ptr pnt R sd/Q raise & lower R hip (W fwd R twd WALL, fwd L, fwd R, trn to fc ptr pnt L sd/Q raise & lower L hip);
13 REPEAT MEAS 11 PART A;
14 [WLK 2 SD CL] fwd L twd COH, fwd R to fc ptr, sd L, cl R (W fwd R twd WALL, fwd L to fc ptr, sd R, cl L) end fcg ptr COH;

INTERLUDE

1-4 SNAKE;;; TWIRL 2 SD CL;

1-4 REPEAT MEAS 1-4 INTERLUDE;;;;

PART B

1-4 WRAP AROUND;;;;

- 1 [WRAP AROUND] rk apart L, rec R, fwd L wheel ing RF raising jnd lead hnds to wrap W to M's R sd, fwd R (W rk apt R, rec L, fwd R twd M's R sd trng LF undr jnd lead hnds to wrap pos, in plc L) end fcg DRC;
- 2 wheel RF 1 full trn fwd L, R, L, R (W bk R, L, R, L) to fc DRC;
- 3 cont wheeling RF fwd L, R, L raising jnd lead hnd to lead W to trn RF under jnd hnds, in plc R (W trn RF under jnd lead hnds R, L, R, L to end in tamara position M fcg LOD and W fcg RLOD);
- 4 rk apt L, rec R trng 1/4 RF to fc WALL, leading W to trn LF undr jn lead hnds, in place L, in plc R (W rk apt R, rec L trng LF undr jnd lead hnds, R, L) to end BFLY WALL;

5-8 CONGA WLKS L & R;; CONGA WLKS FWD & BK;;

- 5-6 [CONGA WLK L & R] fcg ptr WALL no hnds jnd sd L, XRIF of L, sd L with sl upper bdy trn, tap R; sd R, XLIF of R, sd R with sl upper bdy trn, tap L;
- 7-8 [CONGA WLK FWD & BK] no hnds jnd fwd twd ptr WALL L, R, L, tap R & shake shoulders (W bk R, L, R, tap L & shake shldrs); backing twd COH bk R, L,R, tap L (W fwd twd ptr COH L, R, L,tap R) jn lead hnds;

9-12 OP BRK TO M'S WRAP & UNWRAP;; MERENGUE BASIC; GLIDE;

- 9-10 [OP BRK TO M'S WRAP & UNWRAP] fcg ptr WALL lead hnds jnd rk apt L, re R raising R hnd straight up, fwd L, comm rotating RF sd & bk R (W rk apt R, rec L, fwd R twd M's R sd, comm rotating RF arnd M fwd L) end in M's wrapped pos both fcg DLW lead hnds jnd at M's r hip & free hnd extended sd; cont rotation RF bk L, XRIB of L, comm to unwind RF on both feet, complete unwind RF to end with wgt on R (W cont rotation arnd M fwd R, L, R, sd L to fc M & COH) end in LOP fcg pos M fcg WALL;
- [MERENGUE BASIC] REPEAT MEAS 23 PART A;
[MERENGUE GLIDE] sd L on ball of foot/cl R, sd L on ball of ft/cl R, sd L, cl R;

13-16 SWING BASICS;; ARM SLIDE;;

- 11-12 [SWING BASICS] rk bk L to SCP, rec R, sd L to fc ptr swinging hips twd LOD, swinging hips twd RLOD cl L;REPEAT MEAS 3 PART A;
- 13-14 [ARM SLIDE]with arms extended fwd palms up (W palms down & on top of partner's arms) bk away from ptr bk L, bk R, bk L, bk R sm steps sliding hands along W's arms to join both hnds (W bk R, bk L, bk R, bk L sm steps sliding hands along top of M's arms) join both hnds; moving twd ptr fwd L, fwd R, fwd L, fwd R sm steps raising jnd hnds straight up above head;

17-20 HIP RKS DOWN & UP;; MERENGUE BASIC; PROMENADE;

- 17-18 [HIP RKS DOWN & UP] dropping hnds to W's waist (plcing hnds on M's shoulders) sd L swinging hips twd LOD, sd R swinging hips twd RLOD, sd L swinging hips twd LOD, sd R swinging hips twd RLOD lowering into the knees over the entire measure; in lowered position sd L swinging hips twd LOD, sd R swinging hips twd RLOD, sd L swinging hips twd LOD, sd R swinging hips twd RLOD rising over the entire measure join both hnds;
- 19 [MERENGUE BASIC] REPEAT MEAS 23 PART A;
- 20 [PROMENADE] REPEAT MEAS 24 PART A;

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INTERLUDE

- 1-4 SNAKE;;; TWIRL 2 SD CL;
1-4 REPEAT MEAS 1-4 INTERLUDE;;;;
PART B (1-10)
- 1-10 WRAP AROUND;;; CONGA WLKS L & R;; CONGA WLKS FWD & BK;;
OP BRK TO M'A WRAP & UNWRAP;;
1-10 REPEAT MEAS 1-10 PART B;;;;;;
END
- 1-2 RK & WRAP TO FC WALL; BK 2 & BODY RIPPLE;
1 REPEAT MEAS 5 PART A to fc WALL;
2 [BODY RIPPLE] in wrapped pos fcg WALL bk L, bk R, lower into knees
pushing hips fwd, straighten knees pulling hips back to normal position;

HEAD CUES

- INTRO** Wait;;op brk; twirl 2 sd cl;
- PART A** Side separation;;; rk & wrap fc RLOD; wheel unwrap to tandem LOD lady in 3;
Same foot marchessi M trans w/close;;; conga wlks w/hip lifts;;; wlk 2 sd cl;
Op brk chng sds U/A; merengue basic; Curly whip to the WALL;; conga brk;
Circle away in 4; cross pnts tog 4;; merengue basic; promenade;
- INTER** Snake;;; twirl 2 sd cl;
- PART A (MOD)**Side separation;;; rk & wrap fc RLOD; wheel unwrap tandem LOD lady in 3;
Same foot marchessi M trans w/close;;; sd conga wlks w/hip lifts;;; wlk 2 sd cl;
Op brk chng sds U/A; merengue basic; Curly whip to the WALL;; conga brk;
promenade;
- INTER** Snake;;; twirl 2 sd cl;
- PART B** Wrap around;;; conga wlks L & R;; Conga wlks fwd & bk;;
Op brk to M's wrap & unwrap;; merengue basic; merengue glide;
Swing basics;; arm slide;; hip rks down & up;; merengue basic; promenade;
- INTER** Snake;;;twirl 2 sd cl;
- PART B (1-10)** Wrap around;;; conga wlks L & R;; conga wlks fwd & bk;;
Op brk to M's wrap & unwrap;;
- END** Rk & wrap to fc WALL; bk 2 & body ripple;