

Better Than You

Music: "I Can Do Anything Better Than You Can"

by Wolfert & Linzer (1982)

Choreography by Nelson Neal

Sport Action and **Cue words**

Counts.	Movements
8	Introduction sitting down, legs straight ahead, arms front
16	(1-2) stretch both arms over legs; (3-4) sit up with hands high (rowing motion); repeat 3 more times; have dancers yell "stroke" as arms reach up.
24	(1-4) Pull L leg back bent at knee, right leg extended forward; (5-8) stretch over R leg (hurdle stretch) and have dancers say "stretch" during the reach; (9-12) change L leg forward; (13-16) stretch over L leg and say "stretch;" (17- 24) repeat counts 1-8.
16	(1-4) straighten the extended leg and lie on back; (5-12) raise legs toward ceiling and move legs like riding a bicycle; (13-16) lower legs to floor and move to a kneeling position.
16	(1-8) Lean to R, L, R, L (wobble); (9-12) fall forward to a push-up position and hold; (13-16) push to hands and knees.
16	(1-4) Roll to R across buttox ending on hands and knees; (5-8) hold; (9-16) repeat hip roll and hold.
12	Hip roll to R then spin CCW on buttox then stand up facing front.

Sitting in a scull as part of a crew team ready to row.

Rowing in the scull. (**Stroke**)

Hurdle stretch from track & field. (**Stretch**)

Cycling from a race in the velodrome. (**Bicycle**)
(**Up**)

Be a bowling pin ready to fall over. (**Wobble, Fall, Push up**)

Hip roll from high school wrestling. (**Roll**)

Hip roll and variation of gymnastics spin. (**Roll, Spin, Stand**)

- 12 (1-2) Circle R arm backward, overhead and down to side (backstroke); (3-4) repeat backstroke with L arm; (5-12) repeat 4 more backstrokes for a total of 6.
- 16 (1-4) R arm overhand throw forward; (5-8) both hands swing up over head on R side to back R diagonal (over shoulder catch); (9-12) R arm underhand throw forward and R leg swings forward (throw and kick together); (13-16) pull R arm parallel to floor to back R diagonal and lunge on R leg (soccer thigh trap).
- 16 Repeat 16 count throw and catch sequence.
- 16 (1-4) Bend R elbow so hand is up (out sign) and bend L elbow with hand down, have dancers yell "OUT"; (5-12) do 2 turns CCW alternating arms up and down; (13-14) pull arms out to sides on a low diagonal (safe sign) have dancers yell "SAFE"; (15-16) raise both arms overhead (touchdown sign) and have dancers yell "TOUCHDOWN."
- 8 (1-2) Step backward on R foot, crossing L leg behind R (backward soccer kick); (3-8) repeat 3 more times alternating feet and hold position on last count.

Swimming back stroke. (**Swim and count 1,2,3,4,5,6**)

Baseball or softball throw (**Throw**), Catch over the shoulder (**Catch**), Soccer or kick ball kick (**Kick**), Soccer thigh trap (**Trap**).

(**Throw, Catch, Kick, Trap**)

Umpire sign for runner out. (**Out**)

Umpire sign for runner safe. (**Safe**)

Referee sign for touchdown. (**Touchdown**)

Soccer kick behind the back. (**Kick, 2,3,4**)