

I've Improved

拍數: 32 牆數: 4 級數: Improver
編舞者: Justine Brown (UK) & Jo Freeman (UK) - March 2014
音樂: I've Improved - Gabby Young & Other Animals : (Album: One Foot In Front Of The Other)



Alternative Music; Kix Brooks, She does the walk on by – see note below

*16 Count Intro, Start on Vocal

Heel Split, Step Side, Slide, Heel Split, Step Side, Slide, Swivels, Sailor ½ Left

- 1 & 2 & Split heels apart, swivel heels together, Step Left to left side, Slide Right beside left.
3 & 4 & Split heels apart, swivel heels together, Step Right to right side, Slide Left beside right
5 & 6 Swivel to right side, heels, toes, heels. (weight on R foot)
7 & 8 Turn ½ left step L behind Right foot, Step Right foot to right, Step Left foot to left (6:00)

Step Lock Step, Step Lock Step, ¾ Turn right with Toe Struts, Stomp.

- 1 & 2 Step Right forward, Lock Left behind, Step Right forward.
3 & 4 Step Left forward, Lock Right behind, Step Left forward.
5 & Turn ¼ Right with right Toe, Step heel down. (3:00)
6 & Turn ¼ Right with left Toe, Step heel down.(12:00)
7 & Turn ¼ Right with right Toe, Step heel down.(9:00)
8 Stomp Left beside Right

Rumba Box Back. Mambo Forward, Coaster Back

- 1 & 2 Step Right to right side, Step Left beside right, Step Right Back.
3 & 4 Step Left to left side, Step Right beside left, Step Left forward .
5 & 6 Rock Right forward, Recover weight to Left, Step Right together.
7 & 8 Step Left back, Step Right beside left, Step Right forward.

Charleston Kick, Step, Lock, Step, Step, Lock, Step, Jump

- 1 – 2 Kick Right foot forward, Step right back.
3 -- 4 Touch Left back, Step left beside right (don't forget to swing those arms)
5 & 6 & Step Right forward, Lock Left behind right, Step Right forward, Step Left forward.
7 & 8 Lock Right behind Left, Step Left forward, Jump forward, landing with both feet together. Or stomp together if knees are fragile! .

To end the dance, you will complete the final step-lock-step-jump (count 32) facing the 3:00 wall.. Turn ¼ to the left to face front striking a pose and of course those essential "Big finish" Jazz hands.

Choreographer Note:

For those of you who like their country sounds, try this dance to Kix Brooks, She does the walk on by, from the, album Kix Brooks. Only difference is a restart after the instrumental on wall 5. Dance up to the Mambo-Coaster count 24 stomp feet together and restart.

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