

# Keep S Get' In Better

拍數: 56      牆數: 4      級數: Improver  
編舞者: Wanda Heldt (AUS) - March 2008  
音樂: After All - Joni Harms



Or Music: American Thighs by ACDC

[when doing section.1 & 3 'Have a a bit of 'FUN' by playing Air Guitar when dancing to ACDC]

**(1) KICK, KICK, ROCK, RECOVER - REPEAT Last 4 Counts**

1- 4            Double Kick Right forward, Rock back on Right, Recover on Left  
5- 8            Double Kick Right forward, Rock back on Right, Recover on Left

**(2) RIGHT VINE, CROSS, SIDE, RECOVER, TOE, HEEL**

1 - 4            Step Right, Step Left behind, Step Right, Cross Left over Right  
5 - 6            Rock Right, Recover on Left, Right Toe, Heel. slightly forward

**(3) KICK, KICK, ROCK, RECOVER - REPEAT Last 4 Counts**

1 - 4            Double Kick Left forward, Rock on Left, Recover on Right  
5 - 8            Double Kick Left forward, Rock on Left, Recover on Right

**(4) LEFT VINE, CROSS, SIDE RECOVER, TOE, HEEL**

1 - 4            Step left, Step Right Behind, Step Left, Cross Right over Left  
5 - 6            Rock Left, Recover on Right, Left Toe, Heel. slightly forward

**(5) BACK, RECOVER, SHUFFLE 1/2 TURN LEFT, L & R SHUFFLES BACK**

1 - 2            Rock back on Right, Recover on Left  
3&4            Shuffle back R.L.R  
5&6            Shuffle back L.R.L  
6&8            Shuffle back R.L.R (6)

**(6) TOUCH, CROSS, POINT, TOUCH, HOLD**

1 - 2            Touch Left, Cross Step Behind Right  
3 - 4            Touch Right, Cross Step behind Left  
5 - 6            Touch Left, Cross Step Behind Right  
7 - 8            Touch Right to Right Side, Hold [Wt.on L]

**(7) CROSS, RECOVER, SIDE SHUFFLE, CROSS, RECOVER 1/4 TURN LEFT SHUFFLE FORWARD**

1 - 2            Cross Right over Left, Recover on Left,  
3&4            Side Shuffle R.L.R  
5 - 6            Cross Left over Right, Recover on Left Turn 1/4 Left  
7&8            Shuffle forward L.R.L (3)

**REPEAT: HAVE FUN - NO MATTER**

Thank you Linda, for all your Help & Encouragement.