

# 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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