

I've Improved

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Justine Brown & Jo Freeman (March 2014)

Music: I've Improved, - Gabby Young And 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 $\frac{1}{4}$ 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.

Contact: www.justinebrown.co.uk