

## I've Improved

32 Count, 4 Wall, Improver

Choreographer: Justine Brown & Jo Freeman (UK)

March 2014

Choreographed to: I've Improved by Gabby Young And Other  
Animals, Album: One Foot In Front Of The Other; She Does  
The Walk On By by Kix Brooks

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\*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.  
EO: 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.

### **Restart for Kix Brooks**

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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