

**Prodissy****IMPROVER**

32 Count 4 Walls

Choreographed by: Michelle Fowler &amp; Sally Nugent

Choreographed to: When My Baby by Scooch

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- 1 Touch Left Foot Out To Left Side
  - 2 Pivot A 3/4 Turn Left On Ball Of Right Foot (bring Left Foot Up To Right Knee With Left Toe Point)
  - 3 & 4 Shuffle Forward On Left, Right, Left
  - 5 Cross Right Foot In Front Of Left Foot
  - 6 Step Back On Left Foot
  - 7 Make A 1/4 Turn Right On Right Foot
  - 8 Step Left Foot Next To Right
  - 9 Touch Right Foot Slightly Right Mirror Hands With Feet
  - 10 Step On Right Foot Slightly Right Mirror Hands With Feet
  - 11 Touch Left Foot Slightly Left Mirror Hands With Feet
  - 12 Step On Left Foot Slightly Left Mirror Hands With Feet
  - 13 - 16 From Waist Upwards Rotate Upper Body Anti-clockwise Starting Leaning Backwards And To The Left Roll Body Round To Finish Back In Centre. (bouncing Slightly On Each Count)
  - 17 Touch Both Hands On Side Of Head
  - 1 8 Touch Right Hand On Left Shoulder And Left Hand On Right Shoulder
  - 1 9 Touch Right Hand On Right Shoulder And Left Hand On Left Shoulder
  - & Touch Hands On Hips (right To Right Side And Left To Left Side)
  - 20 Bend Forward And Drop Head Downwards Pointing Hands To Feet
  - 21 Lift Head Up To Face Front
  - 22 Lift Right Shoulder Upwards (start To Raise From Bend)
  - 23 Lift Left Shoulder Upwards. (start To Raise From Bend)
  - & Lift Right Shoulder Upwards (start To Raise From Bend)
  - 24 Lift Left Shoulder Upwards. Body Should Reach Normal Height!
  - 25 Touch Right Foot Out To Right Side
  - 26 Pivot A 1/2 Turn Right Bringing Right Foot In Place
  - 27 Touch Left Foot Out To Left Side
  - & Bring Left Foot Back In Place
  - 28 Touch Right Foot Out To Right Side
  - 29 Step Right To Right Side Making A 1/4 Turn To The Right
  - 30 Pivot A 1/2 Turn Right And Step Back On Left Foot
  - 31 & 32 Making A 1/2 Turn Right Shuffle Forward On Right Left, Right
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