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Try IMPROVER

32 Count 4 Walls

Choreographed by: Mia Bergenstål

Choreographed to: Try Sleeping
With A Broken Heart by Alicia Keys

Sway hips RL, Step Lock Step back, Sway hips LR, Step Lock Step back

- 1 - 2 Small Step right, sway hips to right and left (weight on left foot)
- 3 & 4 Step right back, lock left in front of right, step right back
- 5 - 6 Small Step left, sway hips to left and right (weight on right foot)
- 7 & 8 Step left back, lock right in front of left, step left back

Rock back R, Tripple Full Turn L, Step Turn R, Shuffle Forward

- 1 - 2 Rock right back, recover to left
- 3 & 4 Make 1/2 turn left stepping right forward, 1/4 turn left stepping left beside, 1/4 turn left stepping right forward (12.00)
- 5 - 6 Step left forward turn 1/2 right (weight on right)
- 7 & 8 Step left forward, step right beside left, step left forward

Rock forward R, Chasse Turn 1/4 R, Rocking Chair

- 1 - 2 Rock right forward, recover to left
- 3 & 4 Turn 1/4 right, step right to right, step left beside right, step right to right (09.00)
- 5 - 6 Rock left back, recover to right
- 7 - 8 Rock left forward, recover to right

Chasse Turn 1/4 L, Rock Back L, Monterey R, Cross

- 1 & 2 Turn 1/4 left, step left to left, step right beside left, step left to left (06.00)
- 3 - 4 Rock right back, recover to left (weight on left)
- 5 - 6 Point right toe to right, step right beside left turning right 1/4
- 7 - 8 Point left toe to left, step left in front of right (cross) (09.00)

After 4th Wall Tag: Unwind 1/2, Kick Ball Cross

- 1 - 2 - 3 Turn (unwind) slowly 1/2 right (weight on left)
- 4 & 5 Kick right forward, step right beside left, step left in front of right

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