

Keep Moving On**IMPROVER**

32 Count 4 Walls

Choreographed by: Tracey Lynn (aka Country Shine) & Vanessa Johnston (aka Country Soul)

Choreographed to: Go Back by Leah Daniels

Rock, Recover, Behind Side Cross (x2)

- 1, 2 Rock Right, Recover in place (weight back onto Left)
3 & 4 Behind-side-cross (R, L, R)
5, 6 Rock Left, Recover in place (weight back onto Right)
7 & 8 Behind-side-cross (L, R, L)

Jump out, Jump in, V-Step

- & 1 Jump out (Right/left)
2 Hold
& 3 Jump in (Right/left)
4 Hold
5, 6, 7, 8 Right out, Left out, Right in, Left in ('V' step)

Shuffle, Pivot Half Turn, Shuffle, Kick Ball Change

- 1 & 2 Shuffle forward Right-Left-Right
3, 4 Pivot ½ Turn (Step forward on Left for 3, Half turn over right shoulder, weight landing on Right for 4)
5 & 6 Shuffle forward Left-Right-Left
7 & 8 Kick Ball Change (Right foot kick, ball change right-left)

Jazz Box, Pivot 1/4 Turn, Heel Swivels

- 1, 2, 3, 4 Jazz Box (Cross Right over Left, Step back on Left, Step beside on Right, Step Left foot together)
5, 6 Pivot ¼ Turn (Step Right foot forward for 5, Quarter turn over left shoulder, weight landing on Left for 6)
7 & 8 Heel Swivels –

Option 1: Hold for 7, put weight onto toes and swivel heels out-in quickly on 8**Option 2: In an Up/Down motion - Put weight onto toes for 7 while turning heels outward slightly. Twist heels in for '&', Twist heels back out putting weight back down on heels for 8*****NOTE* The Heel Swivel is an opportunity to make it your own and add a variation – You can pause for 7, then swivel your heels on 8, you can twist heels out-in-out, or in-out-in for 7 & 8, or put your weight on one foot and swivel only one heel, etc.****Restart:****On Wall 4 (facing 9 o'clock): Dance the first 16 counts, then Restart****Tag - Restart:****On wall 7 (facing 6 o'clock), dance the first 16 counts, then add this 6 count tag, then restart**

- 1, 2, 3, 4 Right out, Left out, Right in, Left in ('V' step)
5, 6 Right Foot: Stomp, stomp

Then Restart the dance again**Music: 32 count intro****She sings a faint “whoooo...”, then starts singing “I see you creeping round...” – the “I” is 1 of the first wall.**