

Centred IMPROVER

64 Count 4 Walls

Choreographed by: Vivienne Scott Choreographed to: Centred by Sean Hogan

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1 - 8 1 - 2 3 - 4 5 - 6 7 - 8	SIDE MAMBO, SWEEP 1/4 TURN, COASTER STEP, TOUCH Rock left to left side. Recover on right Step left beside right. Turn 1/4 right sweeping right to right side Step right back. Step left beside right Step right forward. Touch left beside right
9 - 16 9 - 10 11 - 12 13 - 14 15 - 16 13 - 15	STEP TOUCHES FORWARD, BACK, COASTER STEP, TOUCH Step left forward on left diagonal. Touch right beside left with clap Step right back. Touch left beside right with clap Step left back. Step right beside left Step left forward. Touch right beside left (Alternative for 13-15 Triple full turn over left shoulder)
17 - 24 17 - 18 19 - 20 21 - 22 23 - 24	STEP TOUCHES, SHUFFLE BACK, SWEEP LEFT Step right forward on right diagonal. Touch left beside right with clap Step left back. Touch right beside left with clap Step right back. Step left beside right Step right back. Sweep left out to left side
25 - 32 25 - 28 29 - 32	TRIPLE FULL TURN, SCUFF, VINE RIGHT, SCUFF Cross left behind right and triple full turn over left shoulder, L, R, L. Scuff right beside left Step right to right side. Cross left behind right. Step right to right side. Scuff left beside right
33 - 40 33 - 36 37 - 40	VINE LEFT WITH TOUCH, RIGHT HEEL HITCHES Step left to left side. Cross right behind left. Step left to left side. Touch right beside left Touch right heel to right diagonal. Hitch. Touch right heel to right diagonal. Hitch
41 - 48 41 - 44 45 - 46 47 - 48	HIP BUMPS WITH 1/4 TURN Step right to right side bumping hips right, centre, right, centre (Styling, bend knees and take weight completely over right) Bump hips right. Turn 1/4 left and bump hips centre (weight on right) Bump hips back. Bump hips forward taking weight on left
49 - 56 49 - 52 53 - 56	RHUMBA BOX, SWEEP RIGHT Step right to right side. Step left beside right. Step right forward. Hold Step left to left side. Step right beside left. Step left back. Sweep right out to right side
57 - 64 57 - 60 61 - 62 63 - 64	WEAVE, 1/4 TURN COASTER STEP, TOUCH Cross right behind left, step left to left side, cross right over left, step left to left side Turn 1/4 right & step right to right side. Step left beside right Step right forward. Touch left beside right
	RESTART: On 3rd wall dance first 15 counts, then on count 16 step right beside left taking

RESTART: On 3rd wall dance first 15 counts, then on count 16 step right beside left taking weight on right and start again.

To purchase Sean's CD contact him at contact@seanhogan.net