

D One**IMPROVER**

32 Count 4 Walls

Choreographed by: Louise Elfvengren-Olatoye

Choreographed to: D One by Flavour

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- 1** **ROCK SIDE AND POINT X 2, PIVOT 1/2 RIGHT, SHUFFLE FORWARD**
1 & 2 & Rock right side, recover onto left, point right in front of left, recover on left
3 & 4 Rock right side, recover onto left, step down on right in front of left
5 - 6 Step forward on left, turn 1/2 right, stepping forward on right (6)
7 & 8 Step forward on left, step right beside left, step forward on left
- 2** **ROCK SIDE, STEP ACROSS, ROCK SIDE, STEP ACROSS, (moving fw) ROCK AND 1/4 TURN LEFT, STEP DOWN LEFT-RIGHT**
1 & 2 Rock right side, recover onto left, cross right over left and step down on right
3 & 4 Rock left side, recover onto right, cross left over right and down on left
5 & 6 Rock right side, recover onto left while turning 1/4 left, step down on right (9)
7 - 8 Step down left-right on the spot
- 3** **WEAVE RIGHT, ROCK SIDEWAY, ROCK AND TURN 1/2 LEFT, MAMBO FW**
1 & 2 Step left behind right, right to right side, left across right
3 & 4 Rock right to right side, recover onto left, step down on right
5 & 6 Rock forward on left, recover onto right and turn 1/2 left stepping down on left (3)
7 & 8 Rock forward on right, recover onto left, step down on right
- 4** **WALK BW X 2, SWAY x 2, WALK FW x 2, MAMBO ROCK FW**
1 - 2 Walk backward left-right
3 - 4 Sway hips left-right
5 - 6 Walk forward left-right
7 & 8 Rock left forward, recover onto right, step down on left
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