

Abidi-hi-bidi-hop hop

Description: 64 Count 1 Wall Contra Line Dance, "Improver".

Music: La La Song. Artist: Bob Sinclar Feat. The Sugarhill Gang. Album: Absolute Dance Summer 2009.

BPM: 128 Start 80 counts in on the vocals (0:38).

Co-choreographers: (10.09)

Jo & John Kinser Email: jo@jjkdancin.com Website: www.jjkdancin.com

Mark Furnell Email: marksfurnell@yahoo.co.uk Website: www.freewebs.com/markfurnell

1-8 Cross Rock, Side Shuffle, Cross Rock, Side Shuffle

1,2 Rock Rt fwd across Lt, Replace weight Lt

3&4 Step Rt to Rt, Step Lt next to Rt, Step Rt to Rt

5,6 Rock Lt fwd across Rt, Replace weight Rt

7&8 Step Lt to Lt, Step Rt next to Lt, Step Lt to Lt

9-16 Step 1/2 Turn, Step 1/2 Turn, Walk Walk, Turn 1/2, 1/4

1,2 Step Rt fwd, Pivot 1/2 turn Lt

3,4 Step Rt fwd, Pivot 1/2 turn Lt

5,6 Step Rt fwd on right diagonal, Step Lt fwd (1 o'clock)

On counts 5, 6 facing diagonal right. Walk forward.

So looking at the person across and to the right from you, your left shoulders will pass.

7,8 Make a 1/2 turn Lt stepping back Rt, Make a 1/4 turn Lt stepping fwd Lt (5 o'clock)

17-24 Walk Walk, Turn, Side, Weave

1,2 Step fwd Rt, Step fwd Lt

On counts 1,2 facing diagonal left. Walk forward.

So looking at the person across and to the right from you, your right shoulders will pass.

3,4 Make a 3/8 turn Lt stepping back Rt (12 o'clock), Step Lt to Lt

5,6 Cross Rt in front of Lt, Step Lt to Lt

7,8 Step Rt behind Lt, Step Lt to Lt

25-32 Side, Together, Side, Touch, Side, Together, Side, Touch

1,2 Step Rt to Rt bending both knees, Step Lt next to Rt standing up and Clap

3,4 Step Rt to Rt bending both knees, Touch Lt next to Rt standing up and Clap

5,6 Step Lt to Lt bending both knees, Step Rt next to Lt standing up and Clap

7,8 Step Lt to Lt bending both knees, Touch Rt next to Lt standing up and Clap

33-40 Walk Walk, Shuffle Fwd, Rock Step, Coaster Step

1,2 Step Rt fwd, Step Lt fwd

3&4 Step Rt fwd, Step Lt next to Rt, Step Rt fwd

5,6 Rock Lt fwd, Replace weight Rt

7&8 Step Lt back, Step Rt next to Lt, Step Lt fwd

41-48 Step 1/2, Walk Walk, Out Out, Back Back

1,2 Step Rt fwd, Make 1/2 turn Lt

3,4 Step fwd Rt, Step fwd Lt

5,6 Step Rt diagonally fwd Rt – both hands go up Rt, Step Lt diagonally fwd Lt - both hands go up Lt

7,8 Step Rt back - both hands down Rt, Step Lt next to Rt - both hands down Lt

49-56 Walk Walk, Shuffle Fwd, Rock Step, Coaster Step

1,8 Repeat 33-40

57-64 Step 1/2, Walk Walk, Side, Clap, Side, Clap

1,4 Repeat 41-44

5,6 Step Rt to Rt, Touch Lt next to Rt – Raise both hands to clap the person's opposite you.

7,8 Step Lt to Lt, Touch Rt next to Lt – Raise both hands to clap the person's opposite you.

Pam & Eagle Lindsey
dancin.feats@verizon.net
www.dancinfeats.com