

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)

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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)
- 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
- 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.

HAVE FUN ☺