

KEEP S GET' IN BETTER

Choreographed By: **Wanda Heldt - Perth - WA [March.08]**

Music: **After All by Joni Harms**

Description: **4 Wall - 56 count - Easy Intermediate**

**Alternate Music: Every Honky Tonk In Town by Heather Myles
or Split Floor with American Thighs & Burning Burning Burning**

- 1. KICK, KICK, ROCK BACK, RECOVER - REPEAT LAST 4 COUNTS.**
1- 4 Double Kick Right forward, Rock back on Right, Recover on Left
5- 8 Double Kick Right forward, Rock back on Right, Recover on Left
- 2. RIGHT VINE, CROSS, SIDE, RECOVER, TOE, HEEL**
1 - 4 Step Right, Step Left behind, Step Right, Cross Left over Right
5 - 8 Rock Right, Recover on Left, Slightly forward Right Toe, Heel [Wt.on R]
- 3. KICK, KICK, ROCK BACK, RECOVER - REPEAT LAST 4 COUNTS.**
1 - 4 Double Kick Left forward, Rock on Left, Recover on Right
5 - 8 Double Kick Left forward, Rock on Left, Recover on Right
- 4. LEFT VINE, CROSS, SIDE RECOVER, TOE, HEEL**
1 - 4 Step left, Step Right Behind, Step Left, Cross Right over Left
5 - 8 Rock Left, Recover on Right, Slightly forward Left Toe, Heel [Wt.onL]
- 5. BACK, RECOVER, 1/2 TURN LEFT SHUFFLE BACK, SHUFFLES BACK**
1 - 2 Rock back on Right, Recover on Left
3&4 1/2 Turn Left, Shuffle back R.L.R
5&6 Shuffle back L.R.L
7&8 Shuffle back R.L.R (6)
- 6. TOUCH,CROSS, TOUCH,CROSS, TOUCH,CROSS , TOUCH, HOLD**
1 - 2 Touch Left, Cross Step Behind Right
3 - 4 Touch Right, Cross Step behind Left
5 - 6 Touch Left, Cross Step Behind Right
7 - 8 Touch Right to Right Side, Hold [Wt.on L]
- 7. CROSS, RECOVER, SIDE SHUFFLE, CROSS, RECOVER
1/4 TURN LEFT SHUFFLE FORWARD**
1 - 2 Cross Right over Left, Recover on Left,
3&4 Side Shuffle R.L.R
5 - 6 Cross Left over Right, Recover on Right Turn 1/4 Left
7&8 Shuffle forward L.R.L (3)

REPEAT DANCE: HAVE FUN - NO MATTER

Thank you Linda, for all your Help & Encouragement.

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