

Double Dose**IMPROVER**

32 Count 4 Walls

Choreographed by: Peter Jones

Choreographed to: Rockin' Pneumonia and the
Boogie Woogie Flu by Dana Gillespie and Mojo Blues Band**Section 1 Side, Behind, and Heel and Cross, 1/4 Turn, 1/4 Turn, Cross Shuffle**

- 1 - 2 Step R To R Side, Step L Behind R.
& 3 & 4 Step R To R Side, Touch L Heel Diagonally Forward, Step L Next To R, Cross R Over L.
5 - 6 Step Back On L Turning 1/4 R, Step R To R Side Turning 1/4 R.
7 & 8 Cross L Over R, Step R To R Side, Cross L Over R.

Section 2 Side, Behind, and Heel and Cross, 1/4 Turn, 1/2 Turn, Forward Shuffle

- 9 - 10 Step R To R Side, Step L Behind R.
11 & 12 Step R To R Side, Touch L Heel Diagonally Forward, Step L Next To R, Cross R Over L.
13 - 14 Step Back On L Turning 1/4 R, Step 1/2 Turn R Stepping Forward On R.
15 & 16 Step Forward On L, Step R Next To L, Step Forward On L.

Section 3 Forward Rock, Recover, Back, Cross, Back, Back, Cross, Back.

- 17 - 18 Rock Forward On R, Recover Weight On L.
19 - 20 Step Back On R Angle Body Slightly R, Cross L Over R.
21 - 22 Step Back On R Straightening Body To Wall, Step Back On L Angle Body Slightly L.
23 - 24 Cross R Over L, Step Back On L Straightening Body To Wall.

Section 4 Rock Back, Recover, Shuffle Forward, Step 1/2 Turn, Shuffle 1/2 Turn.

- 25 - 26 Rock Back On R, Recover On L.
27 & 28 Step Forward On R, Step L Next To R, Step Forward On R.
29 - 30 Step Forward On L, Pivot 1/2 Turn R On R.
31 & 32 Step 1/4 R On L, Step R Next To L, Step Back 1/4 R On L