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Practise Makes Perfect

IMPROVER

64 Count 4 Walls
Choreographed by: Helen K Hargnett

Choreographed to: One Night At A Time by George Strait

Cross Rock, Triple 1/2 Turn, Rock 1/4 Turn, Triple 1/2 Turn. Cross Left Over Right And Rock Forward Into 1/4 Turn Right. 1 2 Rock Back Onto Right. Triple Step 1/2 Turn Left Stepping - Left, Right, Left. 3 & 4 Pivot 1/4 Turn Left And Rock Back On Right. Rock Forward Onto Left. 5 - 6 7 & 8 Triple Step 1/2 Turn Left Stepping - Right, Left, Right. You Should Now Be Facing Your Starting Wall. Note: Cross Rock, Triple 1/2 Turn, Rock 1/4 Turn, Triple 1/2 Turn. 9 - 16Repeat Steps 1 - 8 (section 1) Left Heel Hook, Shuffle Step, Right Heel Hook, Shuffle Step. Touch Left Heel Forward. Hook Left Heel Up To Right Knee. 17 - 18 19 & 20 Step Forward Left. Step Right Beside Left. Step Forward Left. Touch Right Heel Forward. Hook Right Heel Up To Left Knee. 21 - 22 23 & 24 Step Forward Right. Step Left Beside Right. Step Forward Right. Cross Rocks (travelling Right) & Triple Step. 25 - 26 Cross Rock Left Over Right. Rock Back Onto Right. 27 - 28 Cross Rock Left Over Right. Rock Back Onto Right. Cross Rock Left Over Right. Rock Back Onto Right. 29 - 30 31 & 32 Triple Step In Place - Left, Right, Left. Note: During Steps 25 - 30 Travel Slightly Right With Each Step. Cross Rocks (travelling Left) & Triple Step 1/4 Turn Right. Cross Rock Right Over Left. Rock Back On Left. 33 - 34 35 - 36Cross Rock Right Over Left. Rock Back On Left. 37 - 38Cross Rock Right Over Left. Rock Back On Left. 39 & 40 Triple Step 1/4 Turn Right Stepping - Right, Left, Right. During Steps 33 - 38 Travel Slightly Left With Each Step. Note: Step, 1/2 Turn Right, Shuffle, Step, 1/2 Turn Left, Shuffle 41 - 42 Step Forward Left. Pivot 1/2 Turn Right. 43 & 44 Step Forward Left. Step Right Beside Left. Step Forward Left. Step Forward Right. Pivot 1/2 Turn Left. 45 - 46 47 & 48 Step Forward Right. Step Left Beside Right. Step Forward Right. Step Slide, Shuffle Step, Rock Turn, Triple Turn Step Forward Left. Slide Right Beside Left. 49 - 50 51 & 52 Step Forward Left. Step Right Beside Left. Step Forward Left. Rock Forward On Right. Rock Back Onto Left. 53 - 54 55 & 56 Triple Step 1/2 Turn Right Stepping - Right, Left, Right. Step Slide, Shuffle Step, Rock Turn, Triple Turn Step Forward Left. Slide Right Next To Left 57 - 58 59 & 60 Step Forward Left. Step Right Beside Left. Step Forward Left. 61 - 62 Rock Forward On Right. Rock Back Onto Left. 63 & 64 Triple Step 1/2 Turn Right Stepping - Right, Left, Right.