## Approved by:



## 4 WALL - 32 COUNTS - IMPROVER

| STEPS | AcTUAL FOOTWORK | CALLING SugGestion | DIRECTION |
| :---: | :---: | :---: | :---: |
| Section 1 | Forward Mambo, Back Mambo, Side Mambo x 2 |  |  |
| 1 \& 2 | Rock forward on left. Rock back onto right. Step left in place. | Forward Mambo | On the spot |
| 3 \& 4 | Rock back on right. Rock forward onto left. Step right in place. | Back Mambo |  |
| 5 \& 6 | Rock step left to left side. Rock back onto right. Step left in place. | Left Mambo |  |
| 7 \& 8 | Rock step right to right side. Rock back onto left. Step right in place. | Right Mambo |  |
| Section 2 | Syncopated Toe and Heel Touches, Walk x 2, Kick, Out, Out |  |  |
| 1 \& | Touch left toe to left side. Step left beside right. | Touch \& | On the spot |
| 2 \& | Touch right toe to right side. Step right beside left. | Touch \& |  |
| 3 \& | Touch left heel forward. Step left beside right. | Heel \& |  |
| 4 \& | Touch right heel forward. Step right beside left. | Heel \& |  |
| 5-6 | Walk forward left. Walk forward right. | Left Right | Forward |
| 7 \& 8 | Kick left forward. Step left slightly to left. Step right slightly to right. | Kick Out Out | On the spot |
| Section 3 | \& Cross, Side, Syncopated Weave, Side Rock, Sailor 1/4 Turn |  |  |
| \& 1 | Step left in towards right. Cross right over left. | \& Cross | Left |
| 2 | Step left to left side. | Side |  |
| 3 \& 4 | Cross right behind left. Step left to left side. Cross right over left. | Behind Side Cross |  |
| 5-6 | Rock left to left side. Recover onto right. | Side Rock | On the spot |
| 7 \& 8 | Cross left behind right. Step right to side. Step left to place making $1 / 4$ turn left. | Sailor Turn | Turning left |
| Section 4 | Forward Rock, Back Shuffle x 2, Shuffle 1/2 Turn |  |  |
| 1-2 | Rock right forward. Recover onto left. (9:00) | Forward Rock | On the spot |
| 3 \& 4 | Step right back. Close left beside right. Step right back. | Back Shuffle | Back |
| Note | 3 \& 4: Body angled slightly to right. |  |  |
| 5 \& 6 | Step left back. Close right beside left. Step left back. | Back Shuffle |  |
| Note | 5 \& 6: Body angled slightly to left. |  |  |
| 7 \& 8 | Shuffle turn 1/2 turn right, stepping - right, left, right. (3:00) | Shuffle Half | Turning right |

Choreographed by: Max Pery (USA) June 2008
Choreographed to: (Your Love Keeps Lifting Me) Higher \& Higher'
by Michael McDonald (96 bpm) from CD Soul Speak;
also available on iTunes or tescodigital.

