

Ka-Mitt-Me

Count: 32

Wand: 2

Ebene: line/contra dance

Choreograf/in: Iris M. Mooney (USA)

Musik: Can't Help It - Scooter Lee



ROMP & JUMP, HEEL SPITS, CLAPS

- 1& Jump back on left foot at 45 degrees angle facing right and extend right heel forward at 45 degrees right
2 Jump both feet back in place
3& Jump back on right foot at 45 degrees angle facing left and extend left heel forward at 45 degrees left
4 Jump both feet back in place
5-6 Hell split (both heels fan out and back in place)
7-8 Clap hands twice

SHUFFLES FORWARD RIGHT & LEFT, ½ TURN LEFT

- 9&10 Shuffle forward (right-left-right)
11&12 Shuffle forward (left-right-left)
13 Step forward right foot turn ½ left
14 Step left foot

JAZZ BOX-STOMP- KICK-BALL-CHANGES

- 15 Cross right foot over left foot
16 Step back left foot
17 Step right foot next to left foot
18 Stomp-up left foot
19& Kick left foot forward, step on ball of left foot
20 Change weight to right foot
21& Kick left foot forward, step on ball of left foot,
22 Change weight to right foot

LEFT SLIDE

- 23 Slide left foot to left side
24 Slide right foot along side of left foot

THREE STEP TURN RIGHT

- 25 Step right foot ¼ right,
26 Step left foot ¼ right
27 Step right foot ½ right
28 Touch left foot next to right foot

VINE LEFT

- 29 Step left foot to left side,
30 Step right foot behind left foot
31 Step left foot to left side,
32 Step right foot next left foot

REPEAT