

# Kick Off Your Shoes

Count: 48

Wand: 2

Ebene: Improver

Choreograf/in: Lynn Gannon (UK)

Musik: I'm from the Country - Tracy Byrd



## STEP, KICKS, SLOW COASTER STEP, HEEL BOUNCE ¼ TURN

- 1 Step forward right
- 2 Kick left forward
- 3 Kick left to left side
- 4 Step back left
- 5 Step back right
- 6 Step forward left
- 7-8 On balls of feet, bounce heels twice to complete ¼ turn right

## FORWARD RIGHT SHUFFLE, ROCK STEP, BACK SHUFFLE, ROCK STEP

- 9&10 Step forward right, close left beside right, step forward right
- 11 Rock forward on left
- 12 Rock back onto right
- 13&14 Step back left, close right beside left, step back left
- 15 Rock back on right
- 16 Rock forward onto left

## STEP, KICKS, SLOW COASTER STEP, HEEL BOUNCE ¼ TURN

- 17 Step forward right
- 18 Kick left forward
- 19 Kick left to left side
- 20 Step back left
- 21 Step back right
- 22 Step forward left
- 23-24 On balls of feet, bounce heels twice to complete ¼ turn right

## FORWARD RIGHT SHUFFLE, ROCK STEP, BACK SHUFFLE, ROCK STEP

- 25&26 Step forward right, close left beside right, step forward right
- 27 Rock forward on left
- 28 Rock back onto right
- 29&30 Step back left, close right beside left, step back left
- 31 Rock back on right
- 32 Rock forward onto left

## SYNCOPATED STEPS WITH TURNS & CLAPS

- &33 Step right ¼ turn right, step left beside right
- &34 Clap hands twice
- &35 Jump forward right and left
- &36 Clap hands twice
- &37 Step forward right making ¼ turn left, step left beside right
- &38 Clap hands twice
- 39 Step right to right side
- 40 Cross left behind right

## SYNCOPATED TURNS WITH CLAPS & SHIMMIES

- &41 Step right ¼ turn right, step left beside right

42 Clap  
43-44 Shimmy shoulders for two counts  
&45 Step forward right making  $\frac{1}{4}$  turn left, step left beside right  
46 Clap  
47-48 Shimmy shoulders for two counts

**REPEAT**

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