

# K's Comin At Ya

Count: 48

Wand: 4

Ebene: Intermediate

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Musik: Who's Been Sleeping in My Bed - Glenn Frey



## HEEL AND TOE, HEEL AND TOE, SLIDE RIGHT FORWARD, SWEEP ¼ TURN RIGHT, STEP, TOUCH

- 1&2 Touch right heel forward, step right beside left, touch left toe back  
3&4 Touch left heel forward, step left beside right, touch right toe back  
5-6 Slide right toe beside left, sweep right in slight half circle right making a ¼ turn right and touch right to right (weight is left)  
7-8 Step weight onto right, touch left to left

## CROSS, SIDE TOE SWITCHES, ¼ PIVOT LEFT, HIP BUMPS, SQUAT

- 1 Step left in front of right  
2&3 Touch right toe to right, step right beside left, touch left toe to left (weight is right)  
4 Pivot ¼ turn left keeping weight on right (left toe is slightly forward)  
5&6 Bump hips forward left-back right-forward left (weight is back right)  
7-8 With attitude! Keeping your back and hips in line (straight) bend your knees (go down), straighten knees (stand up) putting weight forward on the left as you stand up

## JAZZ KICK, COASTER STEP, WALK ½ TURN RIGHT, COASTER STEP

- 1-2 Cross right slightly in front of left, kick left on a slight angle forward-left  
3&4 Step left back, step right beside left, replace left forward  
5-6 Step right forward, pivot ½ turn right stepping back on left  
7&8 Step right back, step left beside right, replace left forward

## GRAPEVINE WITH A TWIST, ¼ PIVOT LEFT, GRAPEVINE WITH A TWIST ¼ PIVOT RIGHT

### Grapevines with a twist- may be done as a straight vine

- 1 With slight twisting motion left - step left to left turning left toe out to left  
2 With slight twisting motion right - step right behind left heel  
3-4 Repeat count 1-one time turning ¼ left, touch right beside left  
5 With slight twisting motion right - step right to right  
6 With slight twisting motion left - step left behind right heel  
7-8 Repeat count 5 - one time turning ¼ right, step left beside right

## FORWARD STEPS WITH BODY ROLLS

You will naturally turn to an angle as you step forward & roll. Hip bump in place of a body roll or two bumps as you step

- 1-2 Step right forward, roll right as the left foot starts moving forward  
3-4 Step left forward, roll left as the right foot starts moving forward  
5-8 Repeat counts 1-4 one-time (weight is left)

### Option

- 1-4 Step forward bumping hips right twice, step left forward bumping hips left twice  
5-8 Skater steps right-left-right-left

## HEEL SWITCHES, ¼ PIVOTS WITH BODY/KNEE ROLL

### ¼ turns may be done with the knee roll only

- 1&2 Touch right heel forward, step right beside left, touch left forward  
&3 Step left beside right, touch right toe beside left  
4 Execute right body & knee roll as you pivot ¼ right stepping weight right  
5-8 you will be repeating counts 1-4 exactly opposite  
5&6 Touch left heel forward, step left beside right, touch right forward

&7 Step right beside left, touch left toe beside right

8 Execute left body & knee roll as you pivot  $\frac{1}{4}$  left stepping weight left

**REPEAT**

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