

# Kickin' Up My Heels

**COPPER KNOB**  
STEPPERS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Pia Rossen (DK) - August 2024

Music: Except for Monday - Lorrie Morgan



**Intro: 32 count, weight on L foot      No tags – No restarts**

**(1-8) STEP TOUCH, BACK KICK, R SHUFFLE BACK, HOLD**

1-2            step R fwd (1), touch L toe next to R(2)  
3-4            step L back (3), kick R fwd (4)  
5-6            step R back (5), step L next to R (6)  
7-8            step R back (7), hold (8)

**(9-16) L BACK ROCK, TURN 1/4 R STEPPING L TO L SIDE HOLD, BEHIND SIDE CROSS, HOLD**

1-2            step L back (1) recover onto R (2)  
3-4            turn 1/4 R, stepping L to L side (3), Hold (4)  
5-6            cross R behind L (5), step L to L side (6)  
7-8            cross R over L (7), hold (8)

**(17-24) L SCISSOR STEP, HOLD, MONTEREY TURN 1/4 R**

1-2            step L to L side (1), step R next to L (2)  
3-4            cross L over R (3), hold (4)  
5-6            point R toe to R side (5), turn 1/4 R stepping R next to L (6)  
7-8            point L toe to L side (7), step L next to R (8)

**(25-32) MONTEREY TURN 1/4 R, HEEL SWITCHES R & L**

1-2            point R toe to R side (1), turn 1/4 R stepping R next to L (2)  
3-4            point L toe to L side (3), step L next to R (4)  
5-6            tap R heel fwd (5), step R next to L (6)  
7-8            tap L heel fwd (7) step L next to R (8)

**start again**

**Ending: Wall 14 (9,00) is the last wall.**

**Dance 20 count, step R to R side cross L over R (12.00)**

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