

Ka-Mitt-Me

Count: 32

Wall: 2

Level: line/contra dance

Choreographer: Iris M. Mooney (USA)

Music: 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
