

Kickin' The Blues

Count: 68

Wall: 4

Level: Improver

Choreographer: Frank M. Beal

Music: Rock My World - Brooks & Dunn



SUGAR FOOT, BACK SHUFFLE

- 1 Touch the right toe beside the left foot
- 2 Touch the right heel to the front and slightly to the side
- 3&4 Shuffle backwards right, left, right

SUGAR FOOT, BACK SHUFFLE

- 1 Touch the left toe beside the right foot
- 2 Touch the left heel to the front and slightly to the side
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FORWARD THREE, KICK

- 9 Walk/strut forward right
- 10 Walk/strut forward left
- 11 Walk/strut forward right
- 12 Kick left

BACK THREE, BALL-CHANGE

- 13 Back left
- 14 Back right
- 15 Back left
- &16 Back right and quickly cross the left over the right

SIDE, SLIDE, SIDE, SLIDE, PIVOT ½

- 17 Moving right, step right
- 18 Drag the left in behind
- 19 Moving right, step right
- 20 Drag the left in behind and pivot/turn ½ left

SIDE, SLIDE, SIDE, STOMP

- 21 Moving left, step left
- 22 Drag the right in behind
- 23 Moving left, step left
- 24 Stomp the right beside the left

HIP BUMPS

- 25 Bump the right hip right
- 26 Bump the right hip right
- 27 Bump the left hip left
- 28 Bump the left hip left

¼ TURN, STEP, KICK-BALL-CHANGE

- 29 Step right, pivot/turn ¼ left
- 30 Step left

You should now be facing ¼ turn Left of the original starting direction

- 31&32 Kick right foot forward, quickly step on right, then left

FORWARD THREE, KICK, PIVOT ½

- 33 Walk forward right
- 34 Walk forward left
- 35 Walk forward right
- 36 Kick/pivot the left foot, turning $\frac{1}{2}$ turn right

FORWARD THREE, KICK, $\frac{1}{4}$ TURN

- 37 Walk forward left
- 38 Walk forward right
- 39 Walk forward left
- 40 Kick/pivot the right foot, turning $\frac{1}{4}$ turn left

Leaving the Right Foot out and to the Right side

BACK, KICK, BACK, KICK, BACK, KICK, BACK, KICK, ROCK BACK, RECOVER

- 41 Step back on right foot behind left
- 42 Kick left out to left side
- 43 Step back on left
- 44 Kick out right
- 45 Step back right
- 46 Kick out left
- 47 Step back left
- 48 Kick out right
- 49 Rock back on right
- 50 Rock forward on left

SHUFFLE, SHUFFLE, PIVOT $\frac{1}{2}$, STEP

- 51&52 Right shuffle forward right, left, right
- 53&54 Left shuffle forward left, right, left
- 55 Step right and pivot/turn $\frac{1}{2}$ left
- 56 Step left

SHUFFLE, SHUFFLE, PIVOT $\frac{1}{2}$, STEP, $\frac{1}{4}$ TURN, STEP

- 57&58 Right shuffle forward right, left, right
- 59&60 Left shuffle forward left, right, left
- 61 Step right and pivot/turn $\frac{1}{2}$ left
- 62 Step left
- 63 Step right and pivot/turn $\frac{1}{4}$ left
- 64 Step left

HEEL-BALL-CHANGE, STEP, STEP

- 65&66 Step forward on right heel, quickly step on right, then left
- 67 Step forward right
- 68 Step left

REPEAT
