

Kick and Shimmy

拍数: 64 墙数: 4 级数: Phrased Intermediate
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音乐: Thicc As Thieves - Lauren Alaina & Lainey Wilson



Sequence: A, A, A, A, B, A, B, B, A, A

Part A

Skate Skate Shuffle, Skate Skate Shuffle

1 - 2 Skate R, Skate L
3&4 Shuffle R forward on slight diagonal
5 - 6 Skate L, Skate R
7&8 Shuffle L forward on slight diagonal (12:00)

Pivot turns with forward shuffles

1 - 2 Step R forward, pivot ½ left
3&4 Shuffle forward
5-6 Step L forward, pivot ½ right
7&8 Shuffle forward (12:00)

Vaudeilles R & L

1 - 2 R to right side, step L behind
&3&4 R to right, L heel forward, step L back, cross R over L
5 & 6 L to left side, step R behind
&7&8 L to left, R heel forward, step R back, cross L over R (12:00)

Step back, turn ¼ L, shuffle Across, Full turn left, Coaster Step

1- 2 Step R in back of L, Turn ¼ left
3&4 Shuffle R over L
5 - 6 Full turn left
7&8 Coaster Step (9:00)

Part B

Kick R, Kick L, Hip Bumps X 3

1 - 4 R kick, L kick
5&6&78 Three Hip Bumps RLRL

Lindy Right and Left (keep hands on waistband)

1 & 2 Shuffle to the right
3 - 4 Rock back on L, recover on R
5 & 6 Shuffle to the left
7 - 8 Rock back on R, recover on L

Sway, Sway, Shuffle, Dip hips and place opposite heels forward (as if trying to fit into jeans)

1 - 2 Sway hips to right, Sway hips to left
3 & 4 Shuffle to the right
5 - 6 Dip hips to left, R heel to right
7 - 8 Dip hips to right, L heel to left

Kick L, Step R behind, ¼ shuffle, jazz box with touch

1 - 2 Kick L (on diagonal), step L behind R
3 & 4 Turn ¼ right shuffling forward
5 - 8 Jazz box in place, ending with R touch (L over R, step back on R, L to left, touch R next to L)

Optional Styling: On Part B, put your hands on your waistband, as if trying to pull jeans up.

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