

Kickin' Back

拍数: 48 墙数: 4 级数:
编舞者: Scott Blevins (USA)
音乐: Wastin' Time With You - Carlene Carter



1-2 Step back on right foot at a 45 degree diagonal right, touch left foot next to right foot and clap
3-4 Step back on left foot at a 45 degree diagonal left, touch right foot next to left foot and clap
5-8 Repeat counts 1-4

1-2 Step right foot to right side, step left next to right
3-4 Step right foot to right side, step left next to right
5-6 Swivet toes to left, swivet toes back to center
7-8 Rock back on heels with toes off ground and arms out in front for balance, bring arms and toes back down

1-2 Step left foot to left side, step right next to left
3-4 Step left foot to left side, step right next to left
5-6 Swivet toes to right, swivet toes back to center
7-8 Rock back on heels with toes off ground and arms out in front for balance, bring arms and toes back down

1&2 Shuffle to the right side right, left, right
3-4 Rock back onto left foot, replace weight forward to right foot
5&6 Shuffle to the left side left, right, left
7-8 Rock back onto right foot, replace weight forward to left foot

1-2 Rock forward onto right, replace weight back onto left
3-4 Rock back onto left, replace weight forward onto right
5-6 Step forward right, pivot ½ to left weight goes onto left
7-8 Step forward right, pivot ½ to left weight goes onto left

1-2 Jump forward onto both feet, clap hands
3-4 Rock back onto heels with toes off ground and arms out in front for balance, bring arms and toes back down
5-6 Feet are together as you pivot ¼ left with weight on left heel and right toe, stomp/touch right foot next to left
7-8 Kick right foot forward twice

REPEAT
