

Kickin' The Blues

拍数: 68 墙数: 4 级数: Improver
编舞者: Frank M. Beal
音乐: 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
3&4 Shuffle backwards left, right, left

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
