

Kickin' Up

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Marg Jones (CAN)
音乐: Up! - Shania Twain



Start with feet slightly apart

HITCH, TOUCH, KICK "UP", STEP, HOOK, TURN, STEP, TOUCH ACROSS

- 1 Hitch right knee up across left
- 2 Touch right toe out to right
- 3 Kick right diagonally across left ("up" as high as comfortable - don't strain anything)
- 4 Step right beside left (slightly apart)
- 5 Hook left toe around right side of right heel
- 6 Pivot $\frac{1}{4}$ turn right on ball of right (by "dragging" right heel with left toe)
- 7 Step back on left
- 8 Touch right toe across to left side of left foot

STEP, BEHIND, &CROSS, KICK "UP"

- 9 Step right to right
- 10 Step left across behind right
- &11 Quickly step right on right; step left across front of right
- 12 Kick right diagonally right "up" (careful!)

JAZZ BOX $\frac{3}{4}$ RIGHT W/SHUFFLE

- 13 Step right across left
- 14 Step back on left, making $\frac{1}{4}$ turn right
- 15&16 Shuffle step on the spot, right, left, right, making $\frac{1}{2}$ turn right

TOE STRUT, TOE STRUT, STEP, KICK, STEP, TOUCH BACK

- 17-18 Step forward on left toe, lower heel (shimmy your hips for counts 17-20 if you like)
- 19-20 Step forward on right toe, lower heel
- 21-22 Step forward on left, kick right foot forward
- 23-24 Step right in place, touch left toe back

STEP, PIVOT $\frac{1}{2}$ RIGHT, SHUFFLE $\frac{1}{4}$ RIGHT, STEP, CLOSE, WALK RIGHT, LEFT

- 25-26 Step forward on left, make $\frac{1}{2}$ turn right, ending weight on right
- 27-28 Shuffle left, right, left, making $\frac{1}{4}$ turn right
- 29-30 Big step right to right, step left beside right
- 31-32 Walk forward right, left

REPEAT

At end of 2nd and 4th repeats leave off last 4 counts
