

Kickstart My Heart (P)

COPPER KNOB
STEPSHETS

拍数: 48 墙数: 0 级数: Partner
编舞者: Patrick Latendresse (CAN)
音乐: I Can Love You Better - The Chicks



Position: Sweetheart position (Man to the left, slightly behind the woman, right hand in right at her shoulder, left hand in left in front of both partners)

TURNING FORWARD SHUFFLE, ROCK-STEP, REPEAT ON OPPOSITE FOOTWORK

1&2 Shuffle forward on left foot (left-right-left), while turning $\frac{1}{2}$ right
3-4 Rock back on right foot, step forward on left
5&6 Shuffle forward on right foot (right-left-right), while turning $\frac{1}{2}$ left
7-8 Rock back on left foot, step forward on right

WALK AND TURNS

1-2-3-4 **MAN:** Step forward on left, do a complete turn on the next to counts on right then left foot, step forward on right

Release right hand, holding left hand during turn, taking right hand back on count 4

LADY: Step forward left, right, left, right

Release right hand, holding his left hand while he turns, taking the right hand back on count 4

5-6-7-8 **MAN:** Step forward on left, right, left, right

Release left hand, holding right hand during turn, taking left hand back on count 4

LADY: Step forward on left, do a complete turn on the next to counts on right then left foot, step forward on right

Release left hand, holding right hand during turn, taking left hand back on count 4

The couple returns to "Sweetheart position" and same steps

FORWARD AND BACK ROCK-STEP, TOE POINT, COASTER-STEP WITH $\frac{1}{4}$ TURN LEFT

1-2-3-4 Rock forward on left, back onto right, rock backwards on left, forward onto right

5-6 Point left foot forward, point left foot to left side

7&8 While starting a $\frac{1}{4}$ turn to the left step back with left, step right next to left, step forward on left

Release left hand, lady will pass man's right hand over her head (from her shoulder, up and over), join hands behind man's back

Lady is now behind the man, with their hands at about belt level

REPEAT ON OPPOSITE FOOTWORK

Couple is now facing outside the circle of dance

1-2-3-4 Rock forward on right, back onto left, rock backwards on right, forward onto left

5-6 Point right foot forward, point right foot to right side

7&8 While starting a $\frac{1}{4}$ turn to the right step back with right, step left next to right, step forward on right

DO NOT release hands! Couple is now facing LOD, Man's left hand is behind his back, his right hand in front of lady's belt-buckle

4 FORWARD SHUFFLES

1&2 Shuffle forward on left foot (left-right-left)

3&4 Shuffle forward on right foot (right-left-right)

5&6 Shuffle forward on left foot (left-right-left)

7&8 Shuffle forward on right foot (right-left-right)

WALK BACK, ROCK-STEP, KICK-BALL-CHANGE

1-2-3-4 **MAN:** Step back with left, right, left right

Release lady's left hand, turning her to the left one complete turn on counts 3-4

LADY: Step back with left, right, while turning one complete turn to the left, step back left, right

Release man's left hand during turn, returning to sweetheart position after turn

5-6 **BOTH:** Rock back on left foot, step forward on right foot

7&8 Kick left foot forward, step left foot next to right (&), step right next to left

REPEAT
