

The Hit Kick

拍数: 56 墙数: 0 级数:
编舞者: Kevin Richards (USA)
音乐: Gone Country - Alan Jackson



WALK FORWARD AND KICKS

- 1 Step right foot forward
- 2 Step left foot forward
- 3-4 Kick right foot forward twice

WALK BACK AND KICK

- 5 Step right foot back
- 6 Step left foot back
- 7-8 Kick right foot back twice

SCUFF KICK

- 9 Scuff right foot forward
- 10 Step right foot over left
- 11-12 Kick left foot out to the left twice

JAZZ BOX

- 13 Step left foot across right foot
- 14 Step right foot back
- 15 Step left foot next to right
- 16 Step right foot in place

SNAP & TWIST

- 17-18 Bend knees, snap fingers twice to right
- 19-20 With knees still bent, snap fingers twice to left

CROSSFIRE

- 21 Straightening legs, scuff right foot forward
- 22 Step right foot in place
- 23 Step left foot across right foot
- 24 Touch right toe to right side
- 25 Stomp right foot
- 26 Hold
- 27&28 Stomp right foot three times
- 29 With weight on left foot, push off on toes of right foot
- 30 Turn ¼ turn to left
- 31 With weight on left foot, push off on toes of right foot
- 32 Turn ¼ turn to left
- 33 Straightening legs, scuff right foot forward
- 34 Step right foot in place
- 35 Step left foot across right foot
- 36 Touch right toe to right side
- 37 Stomp right foot
- 38 Hold
- 39&40 Stomp right foot three times
- 41 With weight on left foot, push off on toes of right foot
- 42 Turn ¼ turn to left

- 43 With weight on left foot, push off on toes of right foot
- 44 Turn ¼ turn to left
- 45 Scuff right foot
- 46 Step right foot to right
- 47 Scuff left foot
- 48 Step left foot to left

HIP BUMPS

- 49 Bump hips to left and slap left hip
- 50 Bump hips to right and slap right hip
- 51&52 Bump hips left, right left

HAND JIVE

- 53-54 Pass right hand over left while bumping hips to left twice
- 55 Slap right hand up and left hand down and bump hips to right
- 56 Slap right hand down and left hand up and bump hips to left

REPEAT
