

Kick It Up

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Keith Davies (AUS) & Leanne Davies - February 2010
音乐: Kick It Up - The McClymonts : (CD: Wrapped Up Good)



Start dance on vocals.

(1-8) KICK-BALL-STEP, KICK-BALL-STEP, TOE STRUT, TOE STRUT**

1&2 Kick R forward, step R beside L, step L forward
3&4 Kick R forward, step R beside L, step L forward
5-8 Step R toe forward, lower R heel to floor, step L toe forward, lower L heel to floor**

(9-16) ½ MONTEREY, ¼ MONTEREY

1-4 Touch R toe to right side, turn ½ right on ball of L stepping R beside L, touch L toe to left side, step L beside R
5-8 Touch R toe to right side, turn ¼ right on ball of L stepping R beside L, touch L toe to left side, step L beside R

(17-24) VINE RIGHT, TWIST L, R*, L, R

1-4 Step R to right side, step L behind R, step R to right side, step L beside R
5-8 Twist heels left, right*, left, right

(25-32) VINE LEFT, ½ PIVOT, ½ PIVOT

1-4 Step L to left side, step R behind L, step L to left side, touch R beside L
5-8 Step R forward, pivot ½ left taking wt on L, step R forward, pivot ½ left taking wt on L

(33-40) PUSH HIPS RIGHT TWICE, LEFT TWICE, RIGHT, LEFT, RIGHT, LEFT

1-4 Step R forward diagonally and push hips to the right twice, push hips to the left twice
5-8 Push hips right, left, right, left

(41-48) FORWARD ROCK, BACK, KICK, COASTER, HOLD

1-4 Step/rock forward R, recover weight to L, step back R, kick L forward
5-8 Step back L, step R together, step L forward, hold

(49-56) KICK, STEP SIDE, KICK, STEP SIDE, SWIVET***, SWIVET

1-4 Kick R across L, step R to right side, kick L across R, step L to left side
5-8 Twist R toe right and L heel left, return to centre***, twist L toe left and R heel right, return to centre

(57-64) TOE STRUT BACK, TOE STRUT BACK, BACK ROCK, TOUCH TOG, HOLD

1-4 Step R toe back, lower R heel to floor, step L toe back, lower L heel to floor
5-8 Step/rock R back, recover weight to L, touch R beside L, hold

RESTARTS:

On wall 2 after count 22* restart facing the back

On wall 4 after count 8** restart facing 3.00

On wall 6 after count 22* restart facing 9.00

On wall 8 after count 54*** restart facing 3.00

ENDING: On wall 10 dance to count 52 (the kicks) then twist R toe and L heel ¼ turn right.

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