

Kickin' Up!! (aka Kickin up Mud)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Earleen Wolford (USA) - January 2012
音乐: Kickin Up Mud - The Lacs



Start on vocals - no tags/restarts.

[1-8] KICK & POINT, BRUSH, HITCH, TOUCH, TWIST HEELS IN/OUT

1&2 Kick R forward (1), Step R next to L (&), Point L out to L (2)
3&4 Kick L forward (3), Step L next to R (&), Point R out to R (4)
5&6 Brush R ball of toe next to L (5), Hitch R knee up (&) Touch R toe forward (6)
7,8 Twist both heels in, at same time toes go out (7), Twist both heels out slightly past center, at same with both toes going slightly past center (8) (L takes wt) (12:00)

[9-16] WALK BACK, TOUCH R TOE BEHIND, ¼ UNWIND R, 4 UP/DOWN HEELS TAPS-EQUALING 1/4 TURN R

9-12 Step back on R (9), Step back on L (10), Touch R toe behind L (11), Unwind 1/4 turn R (12) (3:00)
13-16 With even weight, lift up/down both heels 2/8 turn R 4 times to right, equaling ¼ turn R (13-16) (L takes weight; get ready to take a very small step forward on R) (6:00)

Optional: 13-16, you can twist the heels to R 4 times, instead of heel tap lifts

[17-24] SMALL STEP FORWARD, POINT, CROSS, POINT, JAZZ BOX ¼ TURN R

17,18 Step R Forward, very small (17), Point L out to L (18)
19,20 Cross L over R (19), Point R out to R (20) (L takes wt) (6:00)
21-24 Jazz box ¼ turn R: Cross R over L (21), Step back on L (start prep for a ¼ turn R) (22), Step ¼ turn R on R (23), Step slightly forward on L (9:00)

[25-32] STEP OUT OUT FORWARD, HOLD, OUT OUT BACK, HOLD, TOUCH HEEL, HOOK, HEEL, FLICK

&25,26 Step out forward on R (&), Step out forward on L (25), Hold (26)
&27,28 Step out back on R (&), Step out back on L (27), Hold (28) (L takes wt) (9:00)
29-32 Touch R heel forward (29), Hook: Bring R foot up in front of L shin (R knee will be bent) (30), Touch R heel forward (31), Flick: Bring R foot up in back and slightly out to right (L take wt) (32) (9:00)

Begin again!

Enjoy my dance & have FUN with it!! "GottaDance"!!

And, please feel free to use any other music to do my dance, country or non country will work!