

Kickin' In

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Fred Whitehouse (IRE) - October 2013
音乐: Kickin' In - Adam Lambert



[1-8] RIGHT WEAWE, HIP BUMP X 2

1-2 Step RF to right side, step LF behind RF
&3&4 Step RF to right side, cross LF over RF, push hips forward and back
5-6 Step RF to right side, step LF behind RF
&7&8 Step RF to right side, cross LF over RF, push hips forward and back (12:00)

[9-16] STEP TOUCH X 3, RUN, RUN, RUN

1-2 Step RF to right side, touch LF beside RF
3-4 Turn 1/4 left stepping LF to left side, touch RF beside LF (9:00)
5-6 Turn 1/4 left stepping RF to right side, make 1/4 turn left, touch LF beside RF facing (3:00)
7&8 Turn 1/2 left, walking LF,RF,LF (9:00)

[17-24] WALK, WALK, SHUFFLE X 2

1-2 Walk forward RF,LF (9:00)
3&4 Step RF forward, lock LF behind RF, step RF forward
5-6 Walk forward LF,RF
7&8 Step LF forward, lock RF behind LF, step LF forward

[25-32] CROSS BACK, TRIPLE HOP, CROSS BACK WITH TOUCH

1-2 Cross RF over LF, turn 1/4 right stepping LF back (12:00)
3&4 Turn 1/4 right, bringing feet together, making 3 mini hops to the right (3:00)
5-6 Cross LF over RF, turn 1/4 left stepping RF back
7-8 Turn 1/4 left, step LF to left side, touch RF beside LF

Start Again

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