

Swing With Me

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Kerry Bailey (AUS) - February 2014
音乐: Kick up Your Heels (feat. Pitbull) - Jessica Mauboy : (Album: Beautiful)



This is a great split floor dance for "Kick up your Heels' Written by Linda Wolfe

START POSITION - FEET TOGETHER WEIGHT ON RIGHT FOOT
16 COUNT INTRO

[1 – 8] STEP FWD TOUCH,(CLAP), STEP BACK TOUCH,(CLAP), STEP BACK TOUCH,(CLAP) STEP FWD, TOUCH, (CLAP)

1,2,3,4 (Face R 45) Step R Fwd, Touch L Tog, Step Back L, Touch R Tog
5,6,7,8 (Face L 45) Step R Back, Touch L Tog, Step L Fwd, Touch R Tog

[9 – 16] VINE R, TOUCH, VINE L, ¼ TURN L, TOUCH,

1,2,3,4 Step R to Side, Step L Behind, Step R to Side, Touch L Together
5,6,7,8 Step L to Side, Step R Behind, Step L to Side, Turn ¼ L, Touch R Together 9.00 Wall

[17 – 24] WALK FWD, HOLD, WALK FWD, HOLD, WALK FWD, HOLD, WALK FWD, HOLD
(Swing arms L, Click Fingers to L, Click fingers R, Click L, Click R)

(Option: Sassy Walk: Lean body Fwd with slightly bent knees, Cross R Leg over L, Hold, Cross L Over R Hold, Cross R over L, Hold, Cross L over R, Hold, while swinging arms and clicking Fingers)

1,2,3,4 Step R Fwd, Hold, (Click), Step L Fwd, Hold (Click)
5,6,7,8 Step R Fwd, Hold, (Click), Step L Fwd, Hold (Click)

[25 – 32] ROCKING CHAIR, 1/8 TURN L, 1/8 TURN L (Swing hips as you turn)

1,2,3,4 Rock Fwd R, Rock Back L, Rock Back R, Rock Fwd L
5,6,7,8 Step R Fwd, Turn 1/8 L, Step L to Side, Step R Fwd, Turn 1/8 L, Step L to Side

[32] REPEAT

Tag: At end of Wall 10 Facing 12.00 (Front) add the following:

1,2 Click Fingers in air to L Side, Click Fingers in Air to R side Restart Dance from Front
(Warning: Do not blink you will miss it! Lol)

Finish: At end of 12th Wall Facing front add above Tag to Finish! ENJOY!

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