

Kick 'em Up

拍數: 64 牆數: 0 級數:
編舞者: Darlene Bailey
音樂: Wild, Wild West - The Escape Club



- 1 Right foot does a low kick forward
- 2 Right foot step backward
- 3 Left toe touch backward
- 4 Left foot step forward

- 5 Right foot does a low kick forward
- 6 Right foot step backward
- 7 Left toe touch backward
- 8 Left foot step forward

- 9 Right foot step forward
- 10 Pivot on toes $\frac{1}{4}$ turn to the left
- 11 Right foot close to the left foot with a stomp
- 12 Left foot stomp in place

- 13 Left foot does a low kick forward
- 14 Left foot step backward
- 15 Right toe touch backward
- 16 Right foot step forward

- 17 Left foot does a low kick forward
- 18 Left foot step backward
- 19 Right toe touch backward
- 20 Right foot step forward

- 21 Left foot step forward
- 22 Pivot on toes $\frac{1}{4}$ turn to the right
- 23 Left foot close to the right foot with a stomp
- 24 Right foot stomp in place

- 25 Right toe touch to the right side
- 26 Right foot step in front of left leg to the left
- 27 Left toe touch to the left side
- 28 Left foot step in front of right leg to the right

- 29 Right toe touch to the right side
- 30 Right foot step in front of left leg to the left
- 31 Left toe touch to the left side
- 32 Left foot step in front of right leg to the right

- 33 Right toe touch to the right side
- 34 Right toe touch to close to left foot
- 35 Right toe touch to the right side
- 36 Right foot close to left foot

- 37 Left foot scoot forward and right knee lift until thigh is parallel to the floor

- 38 Right toe touch to close to left foot
 39 Left foot scoot forward and right knee lift until thigh is parallel to the floor
 40 Right foot step to close to left foot
- 41 Left toe touch to the left side
 42 Left toe touch to close to right foot
 43 Left toe touch to the left side
 44 Left foot close to right foot
- 45 Right foot scoot forward and left knee lift until thigh is parallel to the floor
 46 Left toe touch to close to right foot
 47 Right foot scoot forward and left knee lift until thigh is parallel to the floor
 48 Left foot step forward
- 49 Hips rock left
 50 Hips rock left
 51 Hips rock right
 52 Hips rock right
- 53 Hips rock left
 54 Hips rock right
 55 Hips rock left
 56 Hips rock right

CHA-CHA STEPS-SYNCOPATED RHYTHM

- 57-58 Left foot step forward, right foot step forward, and left foot step forward
 59-60 Right foot step forward, left foot step forward, and right foot step forward
- 61 Left foot step forward
 62 Pivot on toes/balls of feet $\frac{1}{4}$ turn to the right
 63 Left foot stomp in place
 64 Right foot stomp in place

REPEAT

Option 1

On Counts 10 and 22 do $\frac{1}{2}$ turn instead of $\frac{1}{4}$ turn.

Option 2

Substitute the following for Counts 49-56:

- 49 Hips rock forward
 50 Hips rock forward
 51 Hips rock backward
 52 Hips rock backward
 53 Hips rock forward
 54 Hips rock backward
 55 Hips rock forward
 56 Hips rock backward

Option 3

Substitute the following for Counts 61 and 62:

- 61 Left foot step forward $\frac{1}{4}$ turn to the right
 62 Right foot step to close to left foot

Option 4

Substitute a close step for Counts 2, 4, 6, 8, 14, 16, 18, and 20.
