

Kick 'n' Twist

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Durline Melanson (CAN)
音樂: Powerful Thing - Trisha Yearwood



STEP, KICK, STEP, TOUCH

- 1 Step forward on left foot
- 2 Kick right foot forward while clapping hands above head
- 3 Step back on right foot
- 4 Touch left toe back and clap hands below hips

RAMBLE LEFT, HOLD & CLAP

- & Step left foot next to right
- 5 Swivel heels to the left
- 6 Swivel toes to the left
- 7 Swivel heels to the left
- 8 Hold and clap hands

VINE RIGHT, SCUFF

- 9 Step to the right on right foot
- 10 Cross left foot behind right and step
- 11 Step to the right on right foot
- 12 Scuff left foot forward

TO THE RIGHT MILITARY PIVOTS

- 13 Step forward on left foot
- 14 Pivot ½ turn to the right on ball of left foot and shift weight to right foot
- 15-16 Repeat beats 13 and 14

VINE LEFT, TOUCH

- 17 Step to the left on left foot
- 18 Cross right foot behind left and step
- 19 Step to the left on left foot
- 20 Touch right toe next to left foot

RIGHT KICK-BALL CHANGE, TO THE LEFT MILITARY PIVOT

- 21 Kick right foot forward
- & Step back slightly on ball of right foot
- 22 Shift weight to left foot
- 23 Step forward on right foot
- 24 Pivot ½ turn to the left on ball of right foot and shift weight to left foot

STEP, HOP-HITCH, COASTER

- 25 Step forward on right foot
- 26 Hop on right foot while hitching left knee
- 27 Step back on left foot
- & Step back slightly on right foot
- 28 Step forward on left foot

RICK KICKS, STEP BACK, TOUCH

- 29-30 Kick right foot forward twice

- 31 Step back on right foot
- 32 Touch left toe back

REPEAT
