

Kick It Up

拍數: 90 牆數: 2 級數: contra dance
編舞者: Shirley Bell
音樂: Kickin' It Up - John Michael Montgomery



A

- 1-2 Step right to right side, heel dig left facing 10:00
- 3-4 Step to left side facing 12:00, heel dig facing 2:00
- 5-6 Step right to right side facing 12:00, heel dig left facing 10:00
- 7-8 Step left ¼ turn left facing 9:00, spin ½ turn left facing 3:00

On counts 2 and 6 as you do a heel dig, slap right hand with opposing line. On count 4 as you do a heel dig, slap left hand with opposing line

B

- 1-2 Step forward right, stomp left in 3rd position back & slap thighs
- 3-4 Step back left, stomp right in 3rd position front & slap thighs
- 5-6 Kick right foot forward, hook right in front of left crossing just below the knee
- 7&8 Right shuffle to right side (right-left-right)

C

- 1-2 Twist on balls of feet ¼ to the right facing 6:00, twist on the balls of feet ½ to left facing 12:00
- 3&4 Wiggle hips right, left, right
- 5-8 Hips circle to the left twice

D

- 1-2 Step right forward ¼ turn to left as you bump right hip, bump right hip
- &3-4 Pivot ¼ to the right facing 12:00, touch left to place, slap hands with opposing line
- 5-6 Step left forward ¼ turn to right as you bump left hip, bump left hip
- &7-8 Pivot ¼ to the left facing 12:00, touch right to place, clap own hands together

E

- 1-2 Step right side right, cross left behind right
- 3-4 Step forward on right as you turn ¼ turn right, spin an additional ½ right on right foot
- 5-7 Step forward left, step forward right, step forward left
- &8 With weight on left foot turn ¼ right on count "&", shift weight to right foot facing 12:00

F

- &1 Raise left knee up in front as right knee bends (weight is on right), left foot jumps down to place as right kicks forward

This is what Shirley refers to as a "hitchkick". It's a high kick!

- 2-4 Step forward on right, pivot ½ turn to the left placing weight on left, touch right next to left
- 5&6&7& (Running Man) step forward on right foot (facing 6:00), scoot back on right foot, step forward on left foot, scoot back on left foot, step forward on right foot, scoot back on right foot
- 8 Step forward on left foot

G

- &1 Scoot back with left foot, step forward on right foot facing 7:00
- 2 Slide left foot up to right foot (3rd position) placing weight on left foot
- &3 Scoot back on left foot, step forward onto right foot still facing 7:00
- 4 Touch left foot next to right foot facing 6:00 (this is described as a slide to a touch)
- &5 Scoot back with right foot, step forward on left facing 5:00
- 6 Slide right foot up to left foot (3rd position) placing weight on right foot

&7 Scoot back on right foot, step forward on left foot facing 5:00
8 Touch right foot next to left facing 6:00 with weight on left foot

H
1-2 With weight on left foot scuff right foot forward and hop with left foot turning $\frac{1}{4}$ to the right, lift right to hitch position as you turn.
3 Spin $\frac{1}{2}$ to the right while still on left foot
4-6 Step to right side with right foot, step to left side with left foot, cross right behind left (right, left, right)
7-10 Rolling vine or full turn left, touch right next to left
11&12 Right shuffle to right (right-left-right)
13-14 Rock step back with left, step in place with right
15&16 Left shuffle to left (left-right-left)
17-18 Rock step back with right, step in place with left

I
1-3 Jump with feet apart, jump with right crossing over left, unwind $\frac{1}{2}$ turning left
&4 Chug, chug (this is two scoots forward with feet slightly apart)
5-7 Jump with feet apart, jump with right crossing over the left, unwind $\frac{1}{2}$ turning left
8 Chug-just one scoot forward with feet slightly apart
9-16 Repeat previous 8 counts

REPEAT

I know this looks tough, but it is really cool. This dance has won numerous awards, and is danced as a show piece number. It can be performed as a social dance as well, it is just a bit tougher than most!

1. Lines cross each other on sections D, G, H
 2. Low impact for section G; "step-slide-step-touch"
 3. To help execute spin in section H count 3, lead with right leg pulling body to right
 4. Section H; on rock front steps, slap hands with opposing line.
 5. Ladies yell "Woo Woo" on both sets of &4 counts in section I. Men yell "Yah" on the 8 counts in section I
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