

# 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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