

Kick My A**

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Melissa I. Bloch
音樂: Kick My Ass - Big & Rich



SCUFF, BRUSH, SCUFF, STEP, CROSS, BALL CHANGE, STEP TOUCH

- 1 Scuff right heel forward
- 2 Brush with right toe as right foot crosses in front of left (still standing on left foot)
- 3 Scuff right heel to neutral position (same as count 1)
- 4 Step right to right side - leading with right heel
- 5 Cross left foot behind
- &6 Step right in place (ball), step left slightly forward (change)
- 7 Step right to right side
- 8 Touch left together

STEP, CROSS, SPIN, STEP TOUCH, STEP PIVOT

- 1 Step left to left side
- 2 Cross right in front of left
- 3-4 Pencil spin all the way around to face front again
- 5 Big step left to left side
- 6 Touch right together
- 7 Step right forward
- 8 Pivot ¼ to face left (9:00)

TOE HEEL TOE, KICK, BALL CHANGE, REPEAT

- 1 Step on right ball of foot with knee turned in slightly
- & Drop right heel in place
- 2 With weight on heel of right foot, turn right toe out (hint: helps to bend right knee and end in a lunge toward the right)
- 3 Kick left low to left side
- &4 Step left foot in place (ball), cross right foot in front (change)
- 5 Step on left ball of foot with knee turned in slightly
- & Drop left heel in place
- 6 With weight on heel of left foot, turn left toe out (hint: helps to bend left knee and end in a lunge toward the left)
- 7 Kick right low to right side
- &8 Step right foot in place (ball), cross left foot in front (change)

SCUFF, HEEL, STEP, BALL CHANGE, STEP PIVOT, STEP JUMP

- 1 Scuff right heel forward
- 2 Pick up and drop left heel in place while right knee bends and right foot goes forward, up, back, and down
- 3 Step right foot back
- &4 Step left foot back (ball), step right foot forward (change)
- 5 Step left foot forward
- 6 ½ pivot (face 3:00)
- 7 Step left foot forward
- 8 Jump forward, landing with both feet together

STEP TOUCH, SHUFFLE, ROCK STEP, TURN

- 1 Step forward right

- 2 Touch left foot into right - crossed behind slightly
- 3&4 Shuffle back leading left (step back left, step together right, step back left)
- 5-6 Step back right (rock), step in place left (step)
- 7-8 Two step turn inside (right, left) 1½ to face original front (12:00)

STEP TOUCH, STEP TOUCH, REPEAT WITH ¼ TURN

- 1 Step right in place
- 2 Touch left toe forward
- 3 Step left in place
- 4 Touch right toe forward
- 5 Step right in place with ¼ turn to left (9:00)
- 6 Touch left toe forward
- 7 Step left in place
- 8 Touch right toe forward

STEP, STEP, TURN, STEP, DRAG, TOUCH

- 1 Step right forward
- 2 Step left forward
- 3&4 Turning almost in place to face original front (12:00): cross right behind, step left in place, cross right in front
- 5 Step left to left side with bent left knee
- 6-7 Drag right foot slowly into left
- 8 Touch right foot together

GRAPE VINE, HIP, HIP, STEP PIVOT

- 1-4 Grape vine right (step right to right side, cross left behind, step right to right side, step left together)
- 5 Pop right knee forward so hip pushes to left
- 6 Switch and pop left knee forward so hip pushes to the right
- 7 Step right foot forward
- 8 Pivot ¼ to face left (9:00)

REPEAT
