

# Kick N Rock

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Pedro Machado (UK)  
音樂: Mama Don't Get Dressed Up for Nothing - Brooks & Dunn



## KICK AND ROCKS

- 1&      Kick right foot out at 45 degree angle to left side. Replace right foot
- 2&      Kick left foot out at 45 degree angle to right side. Replace left foot
- 3-4      Step right foot across and in front of left foot at 45 degree angle, hold( rock step). Shift weight back to left foot, replace right foot
- 5&      Kick left foot out at 45 degree angle to right side. Replace left foot
- 6&      Kick right foot out at 45 degree angle to left side. Replace right foot
- 7&8&      Step left foot across and in front of right foot at 45 degree angle, hold(rock step). Shift weight back to right foot, replace left foot

## PIVOTS AND KICKS

- 1-4      Step right foot across in front of left foot. Pivot ½ turn to the left. Step left foot across in front of right foot. Pivot ½ turn to the right
- 5&6      Kick right foot forward. Step back on right foot. Touch left foot back
- 7&8      Kick left foot forward. Step back on left foot. Touch right foot back

## KICK, TOUCH AND PIVOT

- 1&      Kick right foot forward, replace right next to left.
- 2&      Touch left foot to left side, replace left foot next to right
- 3&      Touch right foot to right side, replace right foot next to left
- 4&      Kick left foot forward, step left next to right.
- 5-8      Step right foot forward, pivot ½ turn to left. Step right foot forward, pivot ½ turn to left.

## SHUFFLE AND ROCK

- 1&2      Step right with right foot, step left beside right, step right with right foot
- 3-4      Step left foot across, in back of right. Shift weight back to right foot (rock step)
- 5&6      Step left with left foot, step right beside left, step left with left foot.
- 7      Touch right toe across and in back of left foot
- 8      Pivot ¾ turn to the right on toe on right foot and heel of left foot.

## REPEAT

For faster songs, replace the 2 rock steps in the first 8 counts with kicks.

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