

Kick Start

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mary Kelly (UK)
音樂: Linda Lou - The Tractors



STEP, KICK, BACK, TOUCH, RIGHT SHUFFLE FORWARD, KICK BALL CHANGE

1 Step forward right
2 Kick left forward
3 Step back left
4 Touch right back
5&6 Right shuffle forward (right-left-right)
7&8 Kick left forward, step on ball of left foot, change weight to right foot

STEP, KICK, BACK, TOUCH, LEFT SHUFFLE FORWARD, KICK BALL CHANGE

9 Step forward left
10 Kick right forward
11 Step back right
12 Touch left back
13&14 Left shuffle forward (left-right-left)
15&16 Kick right forward, step on ball of right foot, change weight to left foot

RIGHT VINE, LEFT HIP BUMP, HOLD, RIGHT HIP BUMP, HOLD

17 Step to right on right
18 Step left behind right
19 Step to right on right
20 Touch left beside right
21 Step slightly to left on left, bumping hips to left
22 Hold for one beat with one clap
23 Bump hips to right
24 Hold for one beat with one clap

LEFT VINE, ROCK, STEP, BACK QUARTER PIVOT

25 Step to left on left
26 Step right behind left
27 Step to left on left
28 Touch right beside left
29 Rock forward on right
30 Rock back in place on left
31 Step back on ball of right foot
32 Pivot quarter turn to right with weight remaining on left foot

REPEAT
