

Kickin' Cain

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Todd Lescarbeau (USA)
音樂: Cain's Blood - 4 Runner



¼ MONTEREY TURNS

- 1-2 Touch right toe to the right; pivot ¼ turn right on ball of left foot; stepping right beside left
- 3-4 Touch left toe to left side; step left foot beside right
- 5-6 Touch right toe to the right; pivot ¼ turn right on ball of left foot,. Stepping right beside left
- 7-8 Touch left toe to the left; step left beside right.

CROSS STRUT, STEP-SLIDE, ¼ TURN, KICK, STEP BACK

- 9-10 Cross-touch right toe over left foot; lower right heel to floor & snap fingers
- 11-12 Step left foot to left side; slide right foot to left
- 13-14 Step right foot to right making ¼ turn right; step left foot forward
- 15-16 Kick right foot forward; step right foot back.

BODY ROLLS, KICK-STEPS WITH TURNS

- 17-18 Lean back while pushing pelvis out & straightening legs; lean forward while arching back slightly with shoulders back
- 19-20 Lean back while pushing pelvis out & straightening legs; lean forward while arching back slightly with shoulders back
- 21-22 Step right foot to right side making a ¼ turn right; kick left foot left
- 23-24 Cross-step left foot over right making a ¼ turn right; kick right forward.

STEP, KICK; STEP, PIVOT & HITCH; STEP, HITCH; STEP, TOUCH

- 25-26 Step right foot forward; kick left foot forward
- 27-28 Step left foot forward; pivot ½ turn right on left & hitch right knee
- 29-30 Step right foot forward; hitch left knee
- 31-32 Step down on left foot; touch right foot beside left.

ROLLING TURNS

- 33-34 Step right foot to right beginning full right turn; step on left continuing turn
- 35-36 Step on right completing turn; touch left beside right & clap hands.
- 37-38 Step left foot to left beginning full left turn; step on right continuing turn
- 39-40 Step on left completing turn; touch right beside left & clap hands.

REPEAT
