

Kickin Changes

拍數: 32 牆數: 4 級數: Improver
編舞者: Nancy Morgan (USA)
音樂: New Day Dawning - Wynonna



KICK-BALL-CHANGE, OUT, OUT, IN, IN, SHUFFLE FORWARD, HALF TURN

1&2 Kick right foot, put right foot next to left as you lift left foot, set left foot down
&3&4 Put right foot out to right side, put left foot out to left side, put right foot back, then left foot back together
5&6 Shuffle forward, right, left, right
7-8 Step forward on left, pivot ½ turn to your right ending with weight on right

HEEL AND CROSS AND HEEL AND TOGETHER, KICK-BALL-CHANGE, KICK-BALL-CROSS

1&2 Put left heel forward, put left next to right, cross right foot over left with weight on right
&3&4 Put left next to right, put right heel forward, put right next to left as you lift left foot up, set left foot next to right (weight is on left)
5&6 Kick right foot, put right foot next to left as you lift left foot, set left foot down
7&8 Kick right foot, put right foot next to left as you lift left foot, cross left over right with weight on left

TOUCH, CROSS STEP, TOUCH, CROSS STEP, KICK-BALL-CHANGE, CROSS, ½ TURN

1-2 Touch right to right side, cross right over left (weight on right)
3-4 Touch left to left side, cross left over right (weight on left)
5&6 Kick right foot, put right foot next to left as you lift left foot, set left foot down
7-8 Cross right over left, turn ½ turn to your left

SHUFFLE FORWARD, STEP FORWARD, ¾ TURN, STEP, SAILOR SHUFFLE, WALK, WALK

1&2 Shuffle forward, right, left, right
3-4 Step forward on left, turn ¾ turn to your right (weight is on right)
5-6& Step left to left side, step right behind left, step left to left side
7-8 Step right foot forward, step left foot forward

REPEAT
