

Kicking In Gear

COPPER KNOB
STEPSHETS

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Renate Gazzola (USA)
音樂: Kick It Into Gear - Jennifer Paige



Sequence: AB TAG ABCBB

This dance is dedicated to my daughter, Brielle, with a great big Country Bear Hug

PART A

RIGHT TOE HEEL STOMP CLAP, LEFT TOE HEEL STOMP CLAP

- 1 Touch right toe to left instep
- 2 Touch right heel forward diagonally
- 3 Stomp right foot next to left
- 4 Clap
- 5-8 Repeat with left foot

RIGHT AND LEFT HEEL STEPS, SIDE ROCK RECOVER RIGHT, SIDE ROCK RECOVER LEFT

- 9-10 Right heel forward and return home
- 11-12 Left heel forward and return home
- 13&14 Step right foot to right side shifting weight to right foot, recover left and cross right over left
- 15&16 Step left foot to left side shifting weight to left foot, recover right and cross left over right

SIDE SHUFFLE RIGHT ROCK RECOVER, SIDE SHUFFLE LEFT ROCK RECOVER

- 17&18 Side shuffle right right-left-right
- 19-20 Step left behind right and recover weight onto right
- 21&22 Side shuffle left left-right-left step right behind left and recover weight onto left foot

RIGHT SHUFFLE FORWARD STEP PIVOT ½ TURN RIGHT, SHUFFLE TURN RIGHT, ROCK RECOVER

- 25&26 Shuffle forward right-left-right
- 27-28 Step forward left and pivot on left foot ½ turn right step left
- 29&30 Shuffle right-left-right while turning ½ to the right
- 31-32 Rock right foot back and step forward on left

TOE STRUTS

- 33-34 Right toe forward and drop right heel down
- 35-36 Left toe forward and drop left heel down
- 37-38 Right toe forward and drop right heel down
- 39-40 Left toe forward and drop left heel down

SYNCOPATED KICK AND STEP BACKS

- 41 Kick right out (slightly over left)
- &42& Moving slightly back, step down right (in front of left), step back left, step back right
- 43 Kick left out (slightly over right)
- &44& Moving slight back, step down left (in front of right), step back right, step back left
- 45-48 Repeat 41-44

TOE STRUT JAZZ BOX WITH ¼ TURN RIGHT

- 49-50 Right toe cross over left, drop heel
- 51-52 Left toe back, drop heel
- 53-54 Right toe to right side with a ¼ turn right, drop heel
- 55-56 Left toe to side, drop heel

CROSS KICK RIGHT, LEFT, RIGHT RIGHT, ROCK RECOVER

- 57-58 Kick right foot across left, step next to left
- 59-60 Kick left foot across right, step next to right
- 61-62 Kick right foot across left twice
- 63-64 Step right foot slightly back and recover weight onto left

PART B

KICK RIGHT FOOT FORWARD, SIDE, SAILOR STEP RIGHT, KICK LEFT FOOT FORWARD, SIDE, SAILOR STEP LEFT

- 1-2 Kick right foot forward and to the side
- 3&4 Cross right behind left step left to left side, step right to place
- 5-6 Kick left foot forward and to the side
- 7&8 Cross left behind right, step right to right side, step left to place

SHUFFLE FORWARD, ½ TURN, SHUFFLE FORWARD ½ TURN

- 9&10 Shuffle forward right-left-right
- 11-12 Step left foot forward, pivot ½ turn to the right right, step forward right
- 13&14 Shuffle forward left-right-left
- 15-16 Step right forward, pivot ¼ turn left
- 17-32 Repeat 1-16

PART C

Really an A-

TOE, HEEL, STOMP, CLAP

- 1 Touch right toe to left instep
- 2 Touch right heel forward diagonally
- 3 Stomp right foot next to left
- 4 Clap
- 5-8 Repeat with left foot

HEEL, HEEL, SIDE ROCK CROSS RIGHT, SIDE ROCK CROSS LEFT

- 9-10 Right heel forward and return home
- 11-12 Left heel forward and return home
- 13&14 Step right to right side shifting weight to right foot, recover to left foot and cross right over left
- 15&16 Step left to left side shifting weight to left foot, recover to right foot and cross right over left

SIDE SHUFFLE RIGHT, ROCK RECOVER, SIDE SHUFFLE LEFT, ROCK RECOVER

- 17&18 Shuffle to the right right-left-right
- 19-20 Step left behind right and recover onto left
- 21&22 Shuffle to the left left-right-left
- 23-24 Step right behind left and recover onto right

RIGHT SHUFFLE FORWARD, STEP PIVOT ½ TURN RIGHT, SHUFFLE TURN RIGHT, ROCK RECOVER

- 25&26 Shuffle forward right-left-right
- 27-28 Step forward onto left and pivot on left foot ½ turn right, step left
- 29&30 Shuffle right-left-right while turning ½ to the right
- 31-32 Rock right foot band and step forward on left

TOE STRUTS, SYNCOPATED KICK AND STEP BACK

- 33-34 Right toe forward, drop heel
- 35-36 Left toe forward, drop heel
- 37 Kick right foot out (slightly over left)
- &38& Moving slightly back step down on right (in front of left), step back left, step back right
- 39 Kick left foot out (slightly over right)

&40& Moving slightly back step down on left (in front of right) step back right, step back left

TOE STRUT JAZZ BOX WITH ¼ TURN RIGHT

41-42 Right toe cross over left, drop heel

43-44 Left toe back, drop heel

45-46 Right toe to right side with a ¼ turn right, drop heel

47-48 Left toe to side, drop heel

CROSS KICK RIGHT, LEFT, RIGHT RIGHT, ROCK RECOVER

49-50 Kick right foot across left, step next to left

51-52 Kick left foot across right, step next to right

53-54 Kick right foot across left twice

55-56 Step right foot slightly back and recover weight onto left

TAG

1-4 Two heel steps right, left

ENDING

End the dance by slowly turning to the left while the music is slowing down. Rock back on left and kick right for the final bell
