

# 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

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