

Kickin' It

拍數: 40 牆數: 4 級數: Improver
編舞者: Melanie Painter (USA)
音樂: Man of Me - Gary Allan



CHA-CHA STEPS, KICK BALL CHANGES

- 1&2- Quick step right-left-right (also called cha-cha steps or shuffles)
- 3&4- Kick left foot come down on ball of left, then change weight to right
- 5&6- Quick step left-right-left
- 7&8- Kick right foot, come down on ball of right, then change weight to left

JAZZ BOX WITH ¼ TURN RIGHT, KICKS

- 9-12 Cross right over left, step back on left, step to side on right doing ¼ turn right, step left in place
- 13-14 Kick right foot forward twice
- 15-16 Kick right foot back twice

KNEE HITCH WITH ¼ TURN LEFT

- 17 Hitch right knee
- 18 (With knee still raised) pivot on ball of left foot to do a ¼ turn to left

CHARLESTON KICKS

- 19 Step forward on right
- 20 Kick left foot forward
- 21 Step back left
- 22 Touch right toe back
- 23-26 Repeat steps 19-22

RIGHT GRAPEVINE WITH ½ TURN RIGHT

- 27 Step out on right
- 28 Step behind right with left
- 29 Step to right side make ¼ turn to right
- 30 Touch left beside right making another ¼ to right (which results in a ½ turn)

STEP TOUCH

- 31 Step left to left side
- 32 Touch right next to left

GRAPEVINE ¼ TURN RIGHT

- 33 Step to side on right
- 34 Step behind right with left
- 35 Step to side on right making ¼ turn right
- 36 Touch left in place

STEP SLIDES

- 37 Step left to left side
- 38 Step right next to left
- 39 Step left to left side
- 40 Touch right next to left

REPEAT

