

Kicking It (New Jersey Step)

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Unknown
音樂: I Want - Chaka Khan



DOUBLE SIDE TOUCHES, SINGLE SIDE TOUCHES, SINGLE FRONT TOUCHES

- 1&2& Touch right toe to right side, touch right foot next to left foot, touch right toe to right side, step right foot next to left foot
- 3&4& Touch left toe to left side, touch left foot next to right foot, touch left toe to left side, step left foot next to right foot
- 5&6& Touch right toe to right side, step right foot next to left foot, touch left toe to left side, step left foot next to right foot
- 7&8& Touch right toe forward, step right foot next to left foot, touch left toe forward, step left foot next to right foot

LEG LIFTS, SIT, STAND, SWIVEL, SWIVEL

- 1& Bend right knee and lift right foot off floor, step right foot next to left foot
- 2& Bend left knee and lift left foot off floor, step left foot next to right foot
- 3-4 Bend both knees (sit), straighten knees (stand)
- 5&6 Swivel right heel, out-in-out while bumping hips right, center, right
- 7&8 Swivel left heel out-in-out while bumping hips left, center, left (weight ends on left foot)

KICK & TWIST TWICE

- 1&2 Kick right foot forward, step right foot next to left foot, step left foot forward in front of right foot (weight on both)
- 3-4 Swivel heels left making $\frac{1}{4}$ turn right, swivel heels right making $\frac{1}{4}$ turn left sliding left foot back next to right foot taking weight
- 5&6 Repeat counts 1&2
- 7-8 Repeat counts 3-4&

KICK & TWIST, KICK & TWIST $\frac{1}{4}$ TURN RIGHT

- 1&2 Kick right foot forward, step right foot next to left foot, step left foot in front of right foot
- 3-4 Swivel heels left making $\frac{1}{4}$ turn right, swivel heels right making $\frac{1}{4}$ turn left sliding left foot back next to right foot taking weight
- 5&6 Repeat counts 1&2
- 7-8 Swivel heels left making $\frac{1}{4}$ turn right, slide left foot next to right foot

Variation

- 8 Slide to the left on left foot touching right foot next to left foot

REPEAT
