

# Kickstart My Heart (P)

COPPER KNOB  
BY STEPHEN BRETZ

拍數: 48      牆數: 0      級數: Partner  
編舞者: Patrick Latendresse (CAN)  
音樂: I Can Love You Better - The Chicks



**Position: Sweetheart position (Man to the left, slightly behind the woman, right hand in right at her shoulder, left hand in left in front of both partners)**

## TURNING FORWARD SHUFFLE, ROCK-STEP, REPEAT ON OPPOSITE FOOTWORK

1&2      Shuffle forward on left foot (left-right-left), while turning  $\frac{1}{2}$  right  
3-4      Rock back on right foot, step forward on left  
5&6      Shuffle forward on right foot (right-left-right), while turning  $\frac{1}{2}$  left  
7-8      Rock back on left foot, step forward on right

## WALK AND TURNS

1-2-3-4      **MAN:** Step forward on left, do a complete turn on the next to counts on right then left foot, step forward on right

**Release right hand, holding left hand during turn, taking right hand back on count 4**

**LADY:** Step forward left, right, left, right

**Release right hand, holding his left hand while he turns, taking the right hand back on count 4**

5-6-7-8      **MAN:** Step forward on left, right, left, right

**Release left hand, holding right hand during turn, taking left hand back on count 4**

**LADY:** Step forward on left, do a complete turn on the next to counts on right then left foot, step forward on right

**Release left hand, holding right hand during turn, taking left hand back on count 4**

**The couple returns to "Sweetheart position" and same steps**

## FORWARD AND BACK ROCK-STEP, TOE POINT, COASTER-STEP WITH $\frac{1}{4}$ TURN LEFT

1-2-3-4      Rock forward on left, back onto right, rock backwards on left, forward onto right

5-6      Point left foot forward, point left foot to left side

7&8      While starting a  $\frac{1}{4}$  turn to the left step back with left, step right next to left, step forward on left

**Release left hand, lady will pass man's right hand over her head (from her shoulder, up and over), join hands behind man's back**

**Lady is now behind the man, with their hands at about belt level**

## REPEAT ON OPPOSITE FOOTWORK

**Couple is now facing outside the circle of dance**

1-2-3-4      Rock forward on right, back onto left, rock backwards on right, forward onto left

5-6      Point right foot forward, point right foot to right side

7&8      While starting a  $\frac{1}{4}$  turn to the right step back with right, step left next to right, step forward on right

**DO NOT release hands! Couple is now facing LOD, Man's left hand is behind his back, his right hand in front of lady's belt-buckle**

## 4 FORWARD SHUFFLES

1&2      Shuffle forward on left foot (left-right-left)

3&4      Shuffle forward on right foot (right-left-right)

5&6      Shuffle forward on left foot (left-right-left)

7&8      Shuffle forward on right foot (right-left-right)

## WALK BACK, ROCK-STEP, KICK-BALL-CHANGE

1-2-3-4      **MAN:** Step back with left, right, left right

**Release lady's left hand, turning her to the left one complete turn on counts 3-4**

**LADY:** Step back with left, right, while turning one complete turn to the left, step back left, right

**Release man's left hand during turn, returning to sweetheart position after turn**

5-6            **BOTH:** Rock back on left foot, step forward on right foot

7&8           **Kick left foot forward, step left foot next to right (&), step right next to left**

**REPEAT**

---