

Nova Kick

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Karen Melanson (CAN)
音樂: Heads Carolina, Tails California - Jo Dee Messina



STOMP, KICK, TRIPLE RIGHT, ½ TURN RIGHT, TRIPLE LEFT, ROCK BACK, STEP

- 1-2 Stomp right next to left but do not transfer weight, kick right foot forward
3&4 Step right to right side, step left together, step right to right side
5&6 Turn ½ turn right, step left to left side, step right together, step left to left
7-8 Step back on ball of right, replace weight forward to left
- 9-16 Repeat above 8 counts.

17-24 STEP RIGHT-LEFT-RIGHT-LEFT WITH CUBAN HIP MOTION.

- 17-18 Step right to right side, move right hip from front to back
19-20 Step left to left side, move left hip from front to back
21-22 Step right to right side, move right hip from front to back
23-24 Step left to left side, move left hip from front to back

RIGHT SHUFFLE, ROCK STEP, LEFT SHUFFLE, ROCK STEP.

- 25&26 Step right forward, step left together, step right forward
27-28 Rock forward on left foot, step back on right foot
29&30 Step left back, step right together, step left back
31-32 Rock right back, step forward on left

PIVOT ¼ TURN, TOGETHER, PIVOT ¼ TURN, REPEAT

- 33-34 Step forward on right, ¼ turn to left changing weight to left foot
& Bring right next to left
35-36 Step forward on left foot, ¼ turn to right changing weight to right foot
37-38 Step forward on left, ¼ turn to right changing weight to right foot
& Bring left next to right
39-40 Step forward on right, ¼ turn to left changing weight to left foot

VINE WITH KICK TO LEFT, VINE WITH ¼ TURN RIGHT, KICK

- 41-42 Step right across left, step left to left side
43-44 Step right behind left, kick left diagonally to left
45-46 Step left across right, step right to right side
47-48 Step left behind right, ¼ turn right and kick right foot forward.

SCOOCH BACK, CLAP, FORWARD, CLAP, IN AND OUT

- &49-50 Small slide right foot back, small slide left foot back, clap
&51-52 Small slide right foot forward, small slide left foot forward, clap

The feet should be shoulder width apart

- &53 Small slide right foot to home, small slide left foot next to right
&54 Small slide right foot apart to right side, small left foot apart to left side
&55 Small slide right foot to home, small slide left foot next to right
&56 Small slide right foot apart to right side, small left foot apart to left side

STEP, TOUCH, & HEEL, CLAP, STEP BACK, TOUCH, & HEEL, CLAP

- 57-58 Step right forward, touch left toe next to right foot
&59 Step back on left foot, right heel forward

60 Clap
61-62 Step back on right foot, touch left toe next to right foot
&63 Step back on left foot, right heel forward
64 Clap

REPEAT
