

Western Kick

拍數: 56 牆數: 4 級數: Intermediate/Advanced
編舞者: Nancy Morgan (USA)
音樂: Howdy - The GrooveGrass Boyz



ROCK STEP AND CROSS, STEP, 2 SAILOR SHUFFLES

- 1-2&3-4 Forward rock right foot across left and back on left, quickly step back on right and cross left over right, step right to right side
- 5&6-7&8 Step left behind right, step right to right side, step left foot forward, step right behind left, step left to left side, step forward on right

VINE LEFT AND CROSS, STEP, 2 SAILOR SHUFFLES

- 1-2&3-4 Step forward left, step right behind left, quickly step back on left and cross right over left, step left to left side
- 5&6-7&8 Step right behind left, step left to left side, step right foot forward, step left behind right, step right to right side, step forward on left

STOMP FORWARD, HOLD, KICK FORWARD, ½ TURN KICK FORWARD, STOMP, HOLD, COASTER STEP

- 1-2-3-4 Stomp right foot forward, hold, kick left foot forward, turning ½ turn to your left, kick left foot forward (do not set foot down during this and pivot on right foot)
- 5-6-7&8 Stomp left foot forward, hold, step back on right, step back on left and step forward on right

STOMP FORWARD, HOLD, KICK FORWARD, ½ TURN KICK FORWARD, STOMP, HOLD, SAILOR SHUFFLE

- 1-2-3-4 Stomp left foot forward, hold, kick right foot forward, turning ½ turn to your right, kick right foot forward (do not set foot down during this and pivot on left foot)
- 5-6-7&8 Stomp right foot to right side, hold, step left behind right, step right to right side, stomp left foot forward (weight is on left)

SHUFFLE RIGHT, SHUFFLE LEFT, TOE TOUCHES WITH ½ TURN, STOMP

- 1&2-3&4 Step right foot forward, step left next to right, step right foot forward, step left foot forward, step right next to left, step left foot forward
- 5-6-7-8 Touch right foot to right side 3 times as you turn ½ turn to your left, stomp on right for count 4 putting all your weight on your right (lean into it)

TRAVELING SAILOR SHUFFLES, KICK LEFT, RIGHT, STOMP LEFT FORWARD, CLAP

- 1&2-3&4 Step left foot behind right, step right foot to right side, step left foot forward, step right foot behind left, step left foot to left side, step right foot forward
- 5&6&7-8 Put left heel forward, quickly put left foot next to right and put right heel forward, quickly put right foot next to left and stomp left foot forward, clap

BASKETBALL TURNS WITH WALL CHANGE

- 1&2&3-4 Touch right foot forward (turning body slightly to left), pick right foot up and touch right foot back (turning body slightly to right), pick right foot up and stomp right foot forward (turning body slightly to left), clap
- 5&6&7-8 Touch right foot back (turning body slightly to right), pick up right foot and touch forward (turning body slightly to left), pick right foot up and stomp it ¼ turn to right with feet slightly apart, clap

REPEAT