Get That Kick

拍數: 32

級數: Intermediate

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音樂: Beat It With Your Rhythm Stick - Ilegales

FORWARD RIGHT, LEFT, SHUFFLE RIGHT-LEFT-RIGHT, FORWARD LEFT, RIGHT, SHUFFLE LEFT-RIGHT-LEFT

- 1-2 Step forward right, step forward left
- 3&4 Step forward right, step left next to right, step forward right
- 5-6 Step forward left, step forward right
- 7&8 Step forward left, step right next to left, step forward left

ROCK, RECOVER, ½ TURN SHUFFLE RIGHT-LEFT-RIGHT

- 1-2 Step forward on right, rock back on left
- 3&4 Step right into a ¹/₂ turn right, step left next to right, step forward right

KICK, TOUCH RIGHT, TOUCH LEFT, ¼ LEFT

- 5&6 Kick forward with left, step left next to right, touch right toe to right side
- &7 Step right next to left, touch left toe to left side
- &8 Bend left knee forward, make a ¼ turn to left shifting weight onto left foot

KICK BALL STEP, KICK BALL STEP

- 1&2 Kick forward with right, step right next to left, step forward with left
- 3&4 (Repeat for 3&4)

KICK, ½ TURN RIGHT, KICK, BEHIND, SIDE, FRONT

- 5 Kick forward with right
- & Bring right foot in next to left calf while making a ¹/₂ turn right
- 6 Kick right foot forward
- 7&8 Step right behind left, step left to left side, step right slightly in front of left

SIDE SHUFFLE LEFT-RIGHT-LEFT, ROCK, RECOVER

- 1&2 Step left to side, step right next to left, step left to left side
- 3-4 Step right in front of left, shift weight back onto left

1/4 TURN SHUFFLE RIGHT-LEFT-RIGHT, 1/4 TURN RIGHT-ROCK, RECOVER, STEP

- 5&6 Step right into ¼ turn right, step left next to right, step right forward
- 7& Make ¼ turn right stepping left foot to left side, replace weight on right
- 8 Step left next to right (weight is on the left)

REPEAT

TAG

Starts after the 3rd, 6th, and 10th walls (only with the preferred music)

- 1-2-3&4 Repeat the first four counts of the dance
- 5&6 Sailor step left making a ¼ turn to the left
- & Step slightly forward on right foot
- 7 Step slightly forward on left

&8 Swivel (bump) hips to the right, swivel hips to the left (weight should be on the left)

Repeat these 8 counts 4 times for a total of 32 counts ending back on the wall you started the tag

TAG WITHIN THE TAG





牆數:4

On the 4th wall of the tag, drop the "& 7" steps, do the hip bumps on counts "& 7", and hold for "& 8". Do not drop counts "& 7" when doing the tag after the 10th wall