

Get That Kick

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Janine van der Molen (USA)
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 ½ 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 ½ 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

¼ TURN SHUFFLE RIGHT-LEFT-RIGHT, ¼ 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

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
