

Carolina Kickball

拍數: 40 牆數: 2 級數: Beginner
編舞者: Jackie Shields (UK)
音樂: When You Move That Way - Dave Sheriff



KICK BALL CHANGE, SHUFFLE

1&2 Kick right foot forward, bring right next to left, step left next to right
3&4 Step right to right, step left to right, step right to right

LEFT CROSSOVER, UNWIND ½ TURN RIGHT, KICK-BALL CHANGE

5 Step left over right
6 Unwind ½ turn right
7&8 Kick right foot forward, bring right next to left, step left next to right

SHUFFLE, PIVOT ½ TURN RIGHT

9&10 Step forward on right, step left next to right, step forward right
11 Step forward left
12 Lifting heels, turn half turn to right on toes (weight on right foot)

SWITCH, CLAP

13 Left heel forward
&14 As left heel comes back right heel goes forward
&15 As right heel comes back, left heel goes forward
16 Clap once

SWITCH, CLAP

17 Right heel forward
&18 As right heel comes back, left heel goes forward
&19 As left heel comes back, right heel goes forward
20 Clap once

HIP BUMPS

21 Bump hips to right
22 Bump hips to right
23 Bump hips to left
24 Bump hips to left

HIP BUMPS OR ROLLS

25 Bump or roll hips right (weight on left foot)
26 Bump or roll hips left (weight on left foot)
27 Bump or roll hips right (weight on left foot)
28 Bump or roll hips left (weight on left foot)

RIGHT CROSSOVER, UNWIND ½ TURN LEFT, KICK-BALL CHANGE

29 Step right foot over left
30 Unwind ½ turn left
31&32 Kick right foot forward, step right next to left, step left next to right

LEFT & RIGHT SIDE TOE TOUCHES

33 Touch right toe to right side
34 Step right next to left

- 35 Touch left toe to left side
- 36 Step left next to right

LEFT & RIGHT FORWARD HEEL TOUCHES

- 37 Touch right heel forward
- 38 Step right next to left
- 39 Touch left heel forward
- 40 Step left next to right.

REPEAT
