

Kick Us Out

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Phrased Higher Intermediate
編舞者: Tony Myers (UK) - September 2011
音樂: Kick Us Out - Hyper Crush



Intro: 8 counts - Sequence A, B, A, A, A, B, A, A, A, B, A, Tag, B, A (It is always B danced on the 9:00 wall)

Part A - 32 counts.

& ¼ Turn Walk, Walk: Cross Rock & Turn: Full Turn, Step: Cross, Swivel, Swivel
&1,2 (# Step left with right (&)) Turn ¼ right step forward on right (1) Walk forward on left (2) (3:00)
3&4 Rock right over left (3) Recover on left (&) Turn ¼ right step right to side (4) (6:00)
5,6 Step forward on left (5) Turn a full turn left on ball of left, step forward on right (6)(easy option walk left, right)
7&8 Cross left over right (7) Swivel both heels to left (&) Swivel heels to centre (8)
This 'Step left with right (&)' need not be done when starting dance

Cross Shuffle: Turn, Walk, Walk: Cross, Back: Back, Touch, Heel

1&2 Cross left over right (1) Step right to side (&) Cross left over right (2)
&3,4 Turn ¼ left step back on right (&) Walk forward on left (3) Walk forward on right (4) (3:00)
5,6 Cross left over right (5) Step back on right (6)
&7,8 Step back on left (&7) Touch right next to left (7) Dig right heel forward (8)

Turn, Step: Left Sailor Step: ¼ Pivot Turn: Left Back shuffle

1,2 Turn ¼ left on right heel (1) Step down on right (2) (12:00)
3&4 Step left behind right (3) Step right to side(&) Step left to side (4)
5,6 Step forward on right (5) Pivot turn ¼ left (6) (9:00)
7&8 Step back on left (7) Step left with right (&) Step back on left (8)

Touch, Unwind: Mambo Forward: Step, Turn, Step: Cross & Heel

1,2 Touch right back (1) Unwind ½ right stepping on right (2) (3:00)
3&4 Rock forward on left (3) Recover on right (&) Step left with right (4)
5&6 Step forward on right (5) Pivot ½ turn left (&) Step forward right (6) (9:00)
7&8 Cross left over right (7) Step back on right (&) Dig left heel to left diagonal (8)

Part B - 32 counts.

Step, Kick, Kick: Step, Kick, Kick: Behind, Side: Sailor Turn

&1,2 Step down on left (&) Kick right forward (1) Kick right forward (2)
&3,4 Step down on right (&) Kick left to front (3) Kick left to side (4)
5,6 Step left behind right (5) Step right to side (6)
7&8 Step left behind right (7) Turn ¼ left back on right (&) Step left to side (8) (6:00)

Step, Drag: Behind, Side, Cross: Back, Touch, Touch: Point & Point

1,2 Step right to side (1) Drag left towards right (2)
3&4 Step left behind right (3) Step right to side (&) Cross left over right (4)
&5,6 Step back on right (&) Touch left forward (5) Touch left forward (6)
7&8 Point left to side (7) Step left with right (&) Point right to side (8)

Kick & Kick: Cross, Back, Kick: Rock, Recover Turn: Step ¾ Turn

1&2 Kick right forward (1) Step down on right (&) Kick left forward (2)
3&4 Cross left over right (3) Step back on right (&) Kick left forward (4)
5,6 Rock forward on left (5) Recover on right turning ¼ right (6) (9:00)
&7,8 Step forward on left (&) Turn ½ left step back on right (7) Turn ¼ left step forward left (8) (12:00)

& Step, Touch: Back, Lock, Back: Step Turn Sweep: Sailor Step

- &1,2 Step right with left (&) Step forward on left (1) Touch right behind left (2)
3&4 Step back on right (3) Lock left over right (&) Step back on right (4)
5,6 Step forward on left (5) Turn $\frac{1}{2}$ left on ball of left sweeping right out & point to side (6) (6:00)
7&8 Step right behind left (7) Step left to side (&) Step right to side (8)

Tag: At the end of Part A on wall 11 (facing 3:00) add these 4 counts

- 1&2 Step down on left(1) Pivot $\frac{1}{2}$ turn right, keep weight on left (&) Step forward on left (2)
3,4 Step forward on right (3) Dig left heel to left diagonal (4) (9:00)
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