

Kickin' In

拍數: 96 牆數: 1 級數: Intermediate - Contra
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音樂: Kickin' In - Adam Lambert : (CD: Trespassing - 3:17)



[1 – 8] Step, Hitch, Coaster Step, Sway, Sway, Side Together Side

1,2, 3& 4 Step forward R, Hitch L (clap hands with partner on Hitch), L Coaster step
5, 6, 7& 8 Sway R, L, R side together side

[9 – 16] Step Hitch, Coaster Step, Sway, Sway, Side Together Side

1,2, 3& 4 Step forward L, Hitch R, (clap hands with your new partner), R Coaster step
5,6, 7& 8 Sway L, R, L side together side.

[17 – 24] Crossing Mambo, Crossing Mambo, Cross Rock, Reccover, Rock Recover

1& 2, 3& 4 Cross Rock R over L, Recover, Step R to R, Cross Rock L over R, Recover R, Step L to L
5, 6, 7, 8 Cross Rock R slightly over L, Recover, Rock forward, Recover.

[25 – 32] Step, Back, Together, Step Lock Step, ¼, ¼, Crossing Shuffle

1, 2, 3& 4 Steb back on R, Step L togerher (square up), Step R, Lock L behind, Step R forward
5, 6, 7& 8 ¼ R stepping back on L, ¼ R stepping R to R, Cross L over R, Step R to R, Cross L over R

[33 – 40] Side Rock, Recover, Weave, Lunge, Recover, Weave ¼ R

1, 2, 3& 4 Rock R, to R, Recover L, Step R behind L, Step L to L, Cross R over L
5, 6, 7& 8 Lunge L to L, Recover R, Step L behind R, ¼ R on R, Step L to L

[41 – 48] Cross, Hold, ¼, Side, Cross, Step R, Hold, Ball Side Rock, Recover

1, 2, 3& 4 Cross R over L, Hold, ¼ R stepping back on L, Step R to R, Cross L over R
5, 6, &7, 8 Step R to R, Hold 6 (as you raised your hands to touch the clouds), Quickly step on ball of L,
Side Rock R to R, Recover L

[49 – 56] ¼ Left, Hold ¼ Left Side, Recover, ¼ Right, ¼ Right , Side, recover

1, 2, 3, 4 ¼ L stepping R to R, Hold, ¼ Turn L rocking L to side, Recover
5, 6, 7, 8 ¼ R stepping L to L, Hold, ¼ turn R rocking R to side, Recover

[57 – 64] Cross Rock, Recover, Side, Together, Side, Cross Rock, Recover, Side, Together, Side

1, 2, 3&4 Cross R over L, Recover, R side together side
5, 6, 7&8 Cross L over R, Recover L side together side

[65 – 72] Kick and Kick and Walk Walk, Kick and Kick step ¼ L (X4)

1 &, 2 &, 3, 4 Kick R, step R together, Kick L, Step L together, Walk R, Walk L
5&, 6&, 7, 8 Kick R, step R together, Kick L Step L together, Step forward R, ¼ L

[73 – 96] Repeat Counts 65 – 72 ...3 times Bringing you back to your original partner

Begin Again !!!