

Kick Up Your Heels

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Linda Wolfe (AUS) - October 2013
音樂: Kick up Your Heels (feat. Pitbull) - Jessica Mauboy : (CD: Beautiful - Also on Australian iTunes)



16 Count Intro - on Jessica's vocals

Forward Rock. Right Shuffle 1/2 Turn Right. Forward Rock. Left Shuffle 1/2 Turn Left.

1 – 2 Rock forward on Right. Rock back on Left.
3&4 Right shuffle making 1/2 turn Right stepping Right. Left. Right. (Facing 6 o'clock)
5 – 6 Rock forward on Left. Rock back on Right.
7&8 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (Facing 12 o'clock)

Step. Pivot 1/2 Turn Left x 2. Syncopated Heel V-Step. Step. Touch.

1 – 2 Step forward on Right. Pivot 1/2 turn Left. (Facing 6 o'clock)
3 – 4 Step forward on Right. Pivot 1/2 turn Left. (Facing 12 o'clock)
5& Step forward on Right heel to Right diagonal. Step forward on Left heel to Left diagonal.
6& Step Right back to centre. Step Left back to centre
7 – 8 Step Right to Right side. Drag Left to Right and touch Left beside Right.

Shuffle Left. Hinge 1/2 Turn Right, Shuffling Right. Hinge 1/2 Turn Left, Shuffling Left. Back Rock.

1&2 Step Left to Left side. Close Right beside Left. Step Left to Left side.
3&4 Hinge 1/2 turn Right & step Right to Right side. Close Left beside Right. Step Right to Right side. (6.00)
5&6 Hinge 1/2 turn Left & step Left to Left side. Close Right beside Left. Step Left to Left side. (12.00)
7 – 8 Rock back on Right. Rock forward on Left... (Facing 12 o'clock)

Forward Rock. Right Coaster Step. Step. Pivot 1/2 Turn Right. Step. Pivot 1/4 Turn Right.

1 – 2 Rock forward on Right. Rock back on Left.
3&4 Step back on Right. Step Left beside Right. Step forward on Right.
5 – 6 Step forward on Left. Pivot 1/2 turn Right. (Facing 6 o'clock)
7 – 8 Step forward on Left. Pivot 1/4 turn Right. (Facing 9 o'clock)

Cross. Back. Side. Cross. Back. Side. Left Cross Shuffle.

1 – 3 Cross Left over Right. Step back on Right. Step Left to Left side.
4 – 6 Cross Right over Left. Step back on Left. Step Right to Right side.
7&8 Cross step Left over Right. Step Right to Right side. Cross step Left over Right.

Right Side Rock. Right Cross Shuffle. 3/4 Turn Right. Left Shuffle Forward.

1 – 2 Rock Right out to Right side. Recover weight on Left.
3&4 Cross step Right over Left. Step Left to Left side. Cross step Right over Left.
5 – 6 Turn 1/4 turn Right, stepping back on Left. Turn 1/2 turn Right stepping forward on Right. (6 o'clock)
7&8 Left shuffle forward stepping Left. Right. Left. (Facing 6 o'clock)

Forward Rock. 1/4 Turn. Right Side Rock/Replace 1/4 Left. Forward Rock. Right Shuffle 1/2 Turn Right.

1 – 2 Rock forward on Right. Recover on Left.
3 Turning 1/4 turn Right, rock Right out to Right side. (Facing 9 o'clock)
4 Turning 1/4 turn Left, recover weight on Left. (Facing 6 o'clock)
5 – 6 Rock forward on Right. Recover weight on Left.
7&8 Right shuffle making 1/2 turn Right stepping Right. Left. Right. (Facing 12 o'clock)

Forward Rock. Left Coaster Step. Step. Pivot 1/4 Turn Left. Cross. Full Turn Unwind Left.

- 1 – 2 Rock forward on Left. Rock back on Right.
- 3&4 Step back on Left. Step Right beside Left. Step forward on Left. (Facing 12 o'clock)
- 5 – 6 Step forward on Right. Pivot 1/4 turn Left. (Facing 9 o'clock)
- 7 – 8 Cross Right in front of Left. Full turn unwind Left. (Weight on Left) (Facing 9 o'clock)

Start Again

TAG:At the end Wall 5 (which is at the end of Pitbull's Rap), there is a 2 count Tag:

- 1 – 2 Point Right to Right side. Hold. (Facing 9 o'clock)

Ending: At the end of Wall 6, replace Full turn unwind Left with Half Turn unwind Left to face 12 o'clock.

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