

Kick It Up

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Vikki Morris (UK) - January 2014
音樂: Kick up Your Heels (feat. Pitbull) - Jessica Mauboy : (Album: Beautiful)



Start: 16 counts on the word "I"

Right Kick, Out Right, Left Toe Touch, Hip Bump x2, Left Heel Dig, Left Hitch, Left Coaster Step

- 1&2 Kick Right Slightly across Left, Step Out Right to Right side(&), Touch Left toe out to Left side bending Left knee in (Left heel should be lifted up)
3 4 Step on Left as you bump Left hip to Left side and bend Right knee in (Right heel should be lifted up), Repeat on Right
5 6 Touch Left heel to Left diagonal, Hitch Left knee to Left diagonal
7&8 Step back on Left, Step Right next to Left, Step Left forward

Right Rock Recover, Triple ¾ Turn Right, Left Lock Step, Right Lock, Hip Bump Up Right

- 1 2 Rock forward Right, Recover on Left
3&4 Triple ¾ turn over Right on Right, Left, Right (9 o clock)
5&6 Step Left slightly to Left diagonal, Lock Right behind Left, Step Left slightly to Left diagonal
&7& Step Right slightly to Right diagonal, Lock Left behind Right, Step Right to Right side
8 Touch Left next to Right as you bump Right hip up

Left Side Touch, ¼ Right Side Touch, ¼ Left Side Together, Heel Swivel, Left Heel Touch

- 1 2 Step Left to Left side, Touch Right next to Left (click fingers)
3 4 Turn ¼ turn Left as you step Right to Right side, Touch Left next to Right (click fingers) (6 o clock)
5 6 Turn ¼ turn Left stepping Left to Left side, Step Right next to Left (click fingers) (3 o clock)
7 8 Swivel heels Right, Touch Left heel to Left diagonal (1.30)

Left Coaster Step, Step Right, Kick Left & Cross Right, Bounce 3/8 Turn Left

- 1&2 Step back on Left, Step Right next to Left, Step Left forward
3 4 Step forward Right, Kick Left forward
&5 Step back slightly Left, Cross Right toe over Left
6 7 8 Bounce 3/8 turn over Left (weight ends on Left) (9 o clock)

Pose for one beat at the end of wall 10 facing 6 o clock and at the end of the dance facing 12 o clock

Lean back, cross arms in front of chest (X Factor style), Right knee bent

Start again and SMILE

Contact - Email; gypsyncowgirl@blueyonder.co.uk