

# Kick It Up

Count: 36

Wall: 2

Level: Intermediate

Choreographer: Lisa Bodnar (USA) - May 2015

Music: Kick the Dust Up - Luke Bryan



**Start: Intro is 32 counts –start on lyrics (Last count of dance will end on the last beat of the song.)**

## **S1. TOE OUT, IN, KNEE UP AND DOWNS, STOMP OUTS, WALK TOES IN**

- 1&2& Right toe touch out to right (1), touch to home (next to left) (&), bring (right) knee up (2), right foot touches down to home (&).
- 3&4& (Repeat with Left) Left toe touches out to left (3), touch to home (&), left knee comes up (4), left foot touches down to home (&).
- 5-6 Stomp right foot out to right (5), stomp left foot out to left (6) (a little wider than shoulder stance).
- 7&8 Swivel toes in to pigeon toe (7), swivel heels in together (&) (toes will now be pointing slightly outward), swivel toes in (to straighten feet) at home.

## **S2. SAILOR SHUFFLES, STOMP, HITCH w/ A ¼ TURN, SHUFFLE STEP**

- 1&2 Sailor shuffle right (cross right behind-ball-change).
- 3&4 Sailor shuffle left (cross left behind – ball – change).
- 5-6 Stomp right foot at home (next to left) (5), bring right knee up to hitch while you are making a ¼ turn to right (6) (will be facing right wall in regards to start position).
- 7&8 Shuffle forward R-L-R.

## **S3. SCUFF/KICK w/ A ½ TURN, SHUFFLE STEP, HEEL, HEEL, HEEL SWIVELS w/ ¼ TURN**

- 1-2 Scuff/kick w/ a hitch left leg while making a ½ turn to your left (use the momentum of the scuff/kick to assist in the turn (will now be facing the left wall in regards to start position).
- 3&4 Shuffle forward L-R-L
- 5-6 Right heel out (5), left heel out (6)
- 7&8 Swivel both heels (on toes- swivel heels left, right, left) while making ¼ turn to right using the swivel motion (will end up back to facing front).

## **S4. PADDLE TURN ½ TURN, STEP SLIDES BACK**

- 1-4 Paddle turn with right leg to make a ½ turn to left. (Paddle turn – step right toe out to right, bring knee up as you make an 1/8 of a turn to left, repeat 3 more times) (will end up facing back wall in regards to start position).
- 5-6 Step diagonally back and to right with your right (5) and slide left foot to meet right (6).
- 7-8 Step diagonally back and to your left with your left foot (7) and slide right foot to meet left (8).

## **S5. STEP/STOMP-TOUCHES DOUBLE TIME**

- 1&2&3&4& Stomp right foot slightly diagonally forward and right (1), stomp left foot next to right (&), step left foot slightly diagonally forward and left (2), stomp right foot next to left (&), stomp right foot slightly diagonally forward and right (3), stomp left foot next to right (&), stomp left foot slightly diagonally forward and left (4), bring right foot in touch next to left (&) (\*You will be traveling back to your home spot that you were at when you moved from the step slides back. Staying a little more in your heels with the stomps will make traveling easier. It's quick.)

**BEGIN AGAIN!**

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