

Kickstart My Heart

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Ari.C (USA) - June 2025

Music: Kickstart My Heart - Mötley Crüe



SECTION 1: WALK, WALK, KICK-BALL-CHANGE, STEP, PIVOT ½, STOMP, STOMP

- 1-2 Walk forward Left, Right
- 3&4 Kick Right forward, step on ball of Right, step Left in place
- 5-6 Step forward Right, pivot ½ turn Left (6:00)
- 7-8 Stomp Right, Stomp Left (shoulder-width apart, attitude!)

SECTION 2: HEEL GRIND ¼ TURN, COASTER STEP, SIDE ROCK, RECOVER, SAILOR STEP

- 1-2 Right heel grind forward with ¼ turn Right (9:00), step Left back
- 3&4 Right coaster step (step back Right, step Left together, step forward Right)
- 5-6 Rock Left to side, recover Right
- 7&8 Left sailor step (cross Left behind, step Right to side, step Left to side)

SECTION 3: KICK, KICK, COASTER STEP, TOUCH FORWARD, TAP, ½ UNWIND, HOLD

- 1-2 Kick Right forward twice
- 3&4 Right coaster step (keep it tight)
- 5-6 Step Left forward, touch Right toe behind
- 7-8 Unwind ½ turn Right (3:00), HOLD (strike a pose!)

SECTION 4: STEP SIDE STEP, SHUFFLE, ROCK FORWARD, RECOVER, ¼ TURN STEP TOGETHER

- 1-2 Step Left to side, step Right beside Left
- 3&4 Shuffle Left (Left-Right-Left)
- 5-6 Rock Right forward, recover Left
- 7-8 Step Right ¼ turn Right, step Left together (now facing 6:00, weight ends on Left)

Last Update: 20 Jun 2025