|  |  |
| --- | --- |
| Microwaved |  |

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| . | | | | | | |
| **Compte:** | 48 | **Mur:** | 4 | **Niveau:** | Intermediate | . |
| **Chorégraphe:** | Randy Powell, Charlette Bozman & Holly Susan (Boots) Groeschel (USA) | | | | |
| **Musique:** | Don't You Just Know It - Microwave Dave & The Nukes | | | | |
| . | | | | | | |

**KICK, KICK, COASTER STEP, BODY ROLLS**

|  |  |
| --- | --- |
| 1 | Kick right foot forward (12:00) (about 6" off floor) |

|  |  |
| --- | --- |
| 2 | Kick right foot to right side (3:00) (about 6" off floor) |

|  |  |
| --- | --- |
| 3 | Step back with right foot |

|  |  |
| --- | --- |
| & | Step together with left foot next to right foot |

|  |  |
| --- | --- |
| 4 | Step forward with right foot |

|  |  |
| --- | --- |
| 5-6 | Body roll (roll body forward/weight on right) |

|  |  |
| --- | --- |
| 7-8 | Body roll (roll body backward/weight on left) |

**FIGURE FOUR, PIVOT TURN, ROCK STEP**

|  |  |
| --- | --- |
| & | Bend right knee, lifting right foot off of floor |

|  |  |
| --- | --- |
| 9 | Turn right knee in, bring knee across in front of left leg |

|  |  |
| --- | --- |
| 10 | Turn right knee out allowing right foot to cross over left shin (movement should be smooth and fluid) |

|  |  |
| --- | --- |
| 11 | Sweep (hook) right foot around behind left leg |

|  |  |
| --- | --- |
| 12 | Turn right ½ tun on ball of left foot & step forward onto right foot |

|  |  |
| --- | --- |
| 13 | Step forward with left foot |

|  |  |
| --- | --- |
| 14 | Pivot ½ turn right on ball of right foot, place weight on right foot |

|  |  |
| --- | --- |
| 15 | Rock forward onto left foot |

|  |  |
| --- | --- |
| 16 | Rock back onto right foot |

**KICK, KICK COASTER STEP, BODY ROLLS**

|  |  |
| --- | --- |
| 17 | Kick left foot forward (12:00) (about 6" off floor) |

|  |  |
| --- | --- |
| 18 | Kick left foot to left side (9:00) (about 6" off floor) |

|  |  |
| --- | --- |
| 19 | Step back with left foot |

|  |  |
| --- | --- |
| & | Step together with right foot next to left foot |

|  |  |
| --- | --- |
| 20 | Step forward with left foot |

|  |  |
| --- | --- |
| 21-22 | Body roll (roll body forward/weight on left foot) |

|  |  |
| --- | --- |
| 23-24 | Body roll (roll body backward/weight on right foot) |

**FIGURE FOUR, PIVOT TURN, ROCK STEP**

|  |  |
| --- | --- |
| & | Bend left knee, lifting left foot off of floor |

|  |  |
| --- | --- |
| 25 | Turn left knee in, bring knee across in front of right leg |

|  |  |
| --- | --- |
| 26 | Turn left knee out allowing left foot to cross over right shin (movement should be smooth and fluid) |

|  |  |
| --- | --- |
| 27 | Sweep (hook) left foot around behind right leg |

|  |  |
| --- | --- |
| 28 | Turn left ½ tun on ball of right foot & step forward onto left foot |

|  |  |
| --- | --- |
| 29 | Step forward with right foot |

|  |  |
| --- | --- |
| 30 | Pivot ½ turn left on ball of left foot, place weight on left foot |

|  |  |
| --- | --- |
| 31 | Rock forward onto right foot |

|  |  |
| --- | --- |
| 32 | Rock back onto left foot |

**CROSS OVER, SIDE TRIPLE, FULL TURN, TOUCH, KICK**

|  |  |
| --- | --- |
| 33 | Step across in front of left leg with right foot |

|  |  |
| --- | --- |
| 34 | Lift left foot up next to right knee |

|  |  |
| --- | --- |
| 35 | Step to left side with left foot |

|  |  |
| --- | --- |
| & | Place right foot next to left foot |

|  |  |
| --- | --- |
| 36 | Step to left side with left foot |

|  |  |
| --- | --- |
| 37-38 | Sweep (hook) right foot around behind left leg, make full turn to the right (face front/weight on right foot) |

|  |  |
| --- | --- |
| 39 | Touch left toe to left side |

|  |  |
| --- | --- |
| 40 | Flick kick left foot to left side (9:00) |

**CROSS OVER, SIDE TRIPLE, FULL TURN, TOUCH, KICK/TURN**

|  |  |
| --- | --- |
| 41 | Step across in front of right leg with left foot |

|  |  |
| --- | --- |
| 42 | Lift right foot up next to left knee |

|  |  |
| --- | --- |
| 43 | Step to right side with right foot |

|  |  |
| --- | --- |
| & | Place left foot next to right foot |

|  |  |
| --- | --- |
| 44 | Step to right side with right foot |

|  |  |
| --- | --- |
| 45-46 | Sweep (hook) left foot around behind right leg, make full turn to the left (face front/weight on left foot) |

|  |  |
| --- | --- |
| 47 | Touch right toe to right side |

|  |  |
| --- | --- |
| 48 | Flick kick ¼ turn left with right foot (face 9:00) |

**REPEAT**