Kick Down The Door

级数: Improver

编舞者: Barry Amato (USA)

拍数: 32

音乐: Kick Down The Door - Brittany Wells

SHUFFLE STE	P SIDE, STEP, ½ TURN, TOUCH CENTER, TOUCH SIDE, HITCH, BALL CHANGE, HITCH
1&2	Shuffle to the right stepping right, left, right
3-4	Pivoting on the ball of right foot do a ¹ / ₂ turn left and step to the left on the left foot, touch right foot next to left
5-6	Touch right foot to the right side, hitch right foot to left knees
&7-8	Step on the ball of the right foot to the right side, change weight to left foot in place, hitch right foot to left knee
SHUFFLE STEP WITH ¼ TURN, ROCK-STEP WITH A ¼ TURN, SHUFFLE STEP WITH ½ TURN, ROCK STEP	
1&2	Shuffle to the right stepping right, left, right
3-4	On the ball of the right foot open a ¼ turn left as you rock back on the left foot, recover in place on the right foot
5&6	Begin shuffle with a $\frac{1}{2}$ turn right by stepping a $\frac{1}{4}$ turn right on the left foot, close right foot together with left as you open another $\frac{1}{4}$ turn right, step back on the left foot
7-8	Rock back on the right foot, recover in place on the left foot
STOMP UP, KICK, KICK, BALL CHANGE, STEP ½ TURN PIVOT, STOMP, STOMP	
1-2	Stomp the right foot up keeping weight on left, kick the right foot forward
3&4	Kick the right foot forward, step on the ball of the right foot in place, change weight to left foot
5-6	Step forward on the right foot, pivot 1/2 turn left with left foot taking weight
7-8	Stomp the right foot in place, stomp the left foot in place
MONTEREY TURN WITH ¼ TURN, MONTEREY TURN WITH ¼ TURN	
1-2	Touch right foot to the right side, pull right foot into left as you turn ¼ right with right foot taking weight

- Touch left foot to the left side, pull left foot into right with left foot taking weight 3-4
- Touch right foot to the right side, pull right foot into left as you ¼ turn right with right foot 5-6 taking weight
- 7-8 Touch left foot to the left side, pull left foot into right with left foot taking weight

REPEAT





墙数:4