

Kick It Up

COPPER KNOB
STEPPERS

拍數: 36 牆數: 2 級數: Intermediate
編舞者: Lisa Bodnar (USA) - May 2015
音樂: 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!

Contact: Labodnar12@gmail.com or www.facebook.com/crewcountry.