# **Just For Kicks**



拍數: 80 編數: O 級數: Phrased Novice / Intermediate

編舞者: Todd Lescarbeau (USA) - November 2017

音樂: Feel It Still - Portugal. The Man



### Dance Sequence: A, BB, A, BB, AA, CC, BBB

This is a fun little line dance that you can do either in lines facing forward, or as a contra dance!

### Section A (32 counts)

# A[1 - 8] Diagonal Steps, Claps

| 1, 2 | Step forward on diagonal R with R. Touch L beside R with Clap |
|------|---|
| 3, 4 | Step L back on diagonal L with L. Touch R beside L with Clap  |
| 5, 6 | Step back on diaonal R with R. Touch L beside R with Clap     |
| 7, 8 | Step forward on diagonal L with L. Touch R beside L with Clap |

# A[9 –16] Grapevine Right, Brush, Grapevine Left with ¼ Turn L, Brush

| 1,2,3,4 Step R foot to R, L steps behind R, R steps to R, Brush L foot for | orward |
|--|--------|
|--|--------|

5,6,7,8 Step L foot to L, R step behind L, Step to side L as you turn 1/4 Left, Brush R foot forward

# A[17 – 24] Jazz Box Crossing R, Brush, Jazz Box Crossing L, Together.

| 1,2,3,4 | Cross step R over L, Step Back on L, Step side R on R, Brush L         |
|---------|--|
| 5.6.7.8 | Cross step L over R. Step back on R. Step side L on L. Step R beside L |

# A[25 - 32] Heel-Toe Swivels R, Clap, Heel-Toe Swivels L, Clap

| 1,2,3,4 | Slide both heels to R, Slide toes to R, Slide Heels to R, Clap |
|---------|--|
| 5,6,7,8 | Slide both heels to L, Slide toes to L, Slide Heels to L, Clap |

#### Section B (32 counts)

# B[1 - 8] Shuffle Right, Rock Back, Recover, Kicks

| 1&2, 3,4 | R step to R, Quickly step L beside R, R steps to R, Rock back onto L, Recover onto R   |
|----------|--|
| 5&6&7&,8 | Kick L forward, Step down on L & Kick R forward, Step down on R & Kick L forward, Step |
|          | down on L & Kick R forward   |

# B[9 – 16] Rock Forward on R, Recover, Shuffle Back, Toe-Struts

| 1, 2, 3&4 | (from kick position), Rock forward onto R, Recover onto L, Step back on R, quickly step L |
|-----------|---|
|           | Beside R, Step back on R  |

5,6,7,8 Step Back on toe of L (raise L arm up as if doing a back stroke swim (5), drop L Heel (6) Step back on toe of R (raise R arm up as if doing a back stroke swim (7), drop R heel (8)

# B[17 – 24] Step, Single Foot Heel-Toe-Heel Swivel, Step, Single Heel-Toe-Heel Swivel

| 1, 2,3,4 | Step side L and slightly back (1), Slide R Heel in to L(2), then Toe (3), then Heel (4)  |
|----------|--|
| 5,6,7,8  | Step side R and slightly back (5), Slide L Heel in to R (6), then Toe (7), then Heel (8) |

#### B[25 – 32] "Pulp-Fiction" Sways

| 1,2,3,4 | Sway and lean to R, R arm bent at elbow palm face forward Two fingers extended. Start with |
|---------|--|
|         | Hand at eye level, pulling arm outward (for counts 2,3,4)                                  |

5,6,7,8 Sway and lean to L, L arm bent at elbow, palm face forward Two fingers extended. Start with Hand at eye level, pull arm outward (for counts 6,7,8)

#### Section C (16 Counts)

# C[1 - 8] Step-Lock, Step, Brush, Step-Lock, Step, Brush

| 1,2,3,4 | Step forward on R, Lock L behind, Step forward on R, Brush L forward |
|---------|--|
| 5,6,7,8 | Step forward on L, Lock R behind, Step forward on L, Brush R forward |

<sup>\*\*</sup>Option Instead of doing toe struts, you can do 2 small hops back while doing back stroke swim motion.

# C[9-16] Step Forward, Hold, ¼ Pivot Turn, Hold, Step Forward, Hold, ¼ Pivot Turn, Hold 1,2,3,4 Step forward on R (1), Hold 1 beat (2), Pivot ¼ to L (3), Hold 1 beat (4)

5,6,7,8 Repeat Step, hold, turn, hold.

Contact Email: Todd\_lescarbeau@yahoo,com (413) 824-6612.