

Kiss It

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Taylor Carew (USA) - December 2022
音樂: Painkiller (feat. Meghan Trainor) - Jason Derulo



[1-8] Dorothy Step, heel, heel, rock step

- 1, 2 & Dorothy Step to the R – step R fwd towards 1:00 (1), step L behind R (2), step R beside L (and)
3, 4-& Dorothy Step to the L – step L fwd towards 11:00 (3), step R behind L (4), step L beside R (and)
5, 6, 7, 8 Heel, heel, rock step – place R fwd with heel (5), then switch L fwd with heel (6), then switch and rock fwd on R (7) and recover back (8) with weight ending on your L.

[9-16] Side touches with full Monterey turn

- 1, 2 R side touch: Weight is on your L, touch R out to the side, step R behind L
3, 4 L side touch: Touch L to the side and step L behind R
5, 6, 7, 8 Full Monterey turn: Touch R to R (5), full turn with weight on your L, turning clockwise over R shoulder until facing front wall again (6), feet together, shift weight to R and touch L to the side (7), step L together with R

[17-24] Out, out, and cross, half turn, hip/body rolls

- & 1, & 2 Out, out, and cross: Step out R with R (and), step L out L with L (1), step back in with L (and), cross R over L (2)
3, 4 Turn: half turn counterclockwise over L shoulder until facing back wall. (legs should be shoulder width apart, weight center)
5, 6 R hip rolls: Shift weight to R side and 2 hip/body rolls
7, 8 L hip rolls: Shift weight to L side and 2 hip/body rolls

[25-32]: Out, out, and cross, half turn, hip/body rolls (Repeat above 8 count)

[33-40] sweep with 2 hip bumps (R then L)

- 1, 2, 3, 4 Sweep: Place R fwd touching toe and sweep R a half circle with so R is behind the L, and shift weight to R with L knee bent (1,2), do 2 hip bumps (3,4)
5, 6, 7, 8 Repeat with the L

[41-48] Rock step with syncopated vine (R, L)

- 1, 2, 3 & 4 Rock step R with syncopated vine to the L: Rock fwd 1:00 with R (1) recover with weight back on L (2), step R behind L (3), step out with L (and), cross R over L (4)
5, 6, 7 & 8 Rock step L with syncopated vine to the R: Rock fwd 11:00 with L (5), recover with weight on R (6), step L behind R (7), step out with R (and), cross L over R (8)

[49-56] Rock step, back, pivot turn, sailor shuffles

- 1, 2 Rock step: Step fwd on your R, rock (1) and recover (2), ending with weight on L
3, 4 Back and pivot turn: Touch R to the back (3), keeping weight on L, pivot half turn clockwise over R shoulder with R ending out to the R (4) and weight still on L and facing back wall.
5 & 6 Sailor R: Step R behind L (5), step out with L (and), step out with R (6)
7 & 8 Sailor L: Step L behind R (7), step out with R (and), step out with L (8)

[57-64] Hop, hop, applejacks

- & 1, 2 Hop R, hold: Hop fwd R, L (and 1), hold on 2
& 3, 4 Hop L hold: Hop fwd L, R (and 1), hold on 2

&5&6&7&8& Applejacks: Toes together, heels apart / \ (and), shifting feet to the R, R toes pointing out and up with R heel down and L toes with be down with L heel up \ / (5), bring toes back together with heels apart / \ (and), do opposite shifting fee to the L with L toes up and out, L heel down, and R toes down with heel up \ / (6), repeat together R, together L (and 7 and 8), Bring feet together to restart dance (and) **4 count tag at end of 5th wall before next restart.

*TAG: Out, out, cross, full turn (see counts 17-20, but doing full turn instead of a half so you are facing the same wall for next restart)
