

# Kick It

拍數: 44      牆數: 4      級數: Intermediate/Advanced  
編舞者: Sandi Brooks (USA)  
音樂: I'm Holdin' On to Love (To Save My Life) - Shania Twain



## KICK, KICK, COASTER STEPS

- 1-2      Kick right foot forward 2 times
- 3&4      Right coaster step
- 5-6      Kick left foot forward 2 times
- 7&8      Left coaster step

## STOMP - CLAP, KICK, KICK, WITH A HALF TURN, TO THE LEFT

- 1-2      Stomp forward on right, then clap
- 3-4      Stomp forward on left, then clap
- 5-6      Kick right foot forward 2 times
- 7-8      Place toe of right behind left heel and turn ½ turn to the right

## LEFT TRIPLE STEP, ROCK STEP FORWARD, SPIN TO RIGHT 1 ½ TIMES

- 1&2      Left triple step forward
- 3-4      Rock forward on right; step left in place (shifting weight to left foot)
- 5-8      Do a pivot turn on right (step to the right with the right foot - turning back to the direction you just came from) to begin the 1 ½ spin to the right

## KICK RIGHT FOOT FORWARD (TURNING BODY ¼ TURN TO THE RIGHT), RIGHT COASTER STEP, STEP & PIVOT ½ TURN TO LEFT, LEFT COASTER STEP

- 1-2      Turn your body 45 degrees to the right; kick right foot forward 2 times
- 3&4      Finish turning body to right so that you are now turned a ¼ to the right (3:00), do a right coaster step
- 5      Step forward on left
- 6&      Step forward on ball of right foot, while also rising up on ball of left foot, to pivot ½ turn to the left
- 7&8      Left coaster step

## HOOK KICKS, BIG STEP & SIDE, HIP CIRCLES

- 1-2      Right hook kick: tap right heel in front of left toe, tap right toe in front of left toe (right heel crosses in front of left shin)
- 3-4      Big step right with right foot (45 degrees to right) slide left up to right
- 5-6      Left hook kick: tap left heel in front of right toe, tap left toe in front of right toe (left heel crosses in front of right shin)
- 7-8      Big step to left with left foot (45 degrees to left) slide right up to left
- 1-4      Two hip circles or grinds

## REPEAT