

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