

Kansas City

拍數: 48 牆數: 4 級數: Improver
編舞者: Roz Chaplin (UK) & Colin B Smith (UK) - April 2012
音樂: Kansas City - Wilbert Harrison : (iTunes)



16 Count Intro.

ROCK, RECOVER, & ROCK, RECOVER, SHUFFLE BACK, ROCK BACK

- 1-2& Rock forward on right foot, recover onto left, step right beside left
- 3-4 Rock forward on left foot, recover onto right
- 5&6 Step back on left, step right beside left, step back on left
- 7-8 Rock back on right, recover onto left

CHASSE, ROCK STEP X 2

- 1&2 Step right to right side, step left beside right, step right to right side
- 3-4 Rock back on left, recover onto right
- 5&6 Step left to left side, step right beside left, step left to left side
- 7-8 Rock back on right, recover onto left

TOUCH, KICK, COASTER STEP, TOUCH, KICK, COASTER STEP

- 1-2 Touch right toes in front of left, kick right foot forward
- 3&4 Step right back, step left beside right, step right forward
- 5-6 Touch left toes in front of right, kick left foot forward
- 7&8 Step left back, step right beside left, step left forward

TOE STRUT, X2, HEEL BOUNCES, HEEL SPLITS

- 1-2 Step right toe forward, drop right heel taking weight
- 3-4 Step left toe forward, drop left heel taking weight
- 5-6 Bounce both heels in place twice
- 7-8 Split both heels apart, bring both heels together

CHASSE X 2, ROCK STEP X 2

- 1&2 Step right to right side, step left beside right, step right to right side
- 3&4 Step left to left side, step right beside left, step left to left side
- 5-6 Rock back on right, recover onto left
- &7-8 Step right in place, rock back on left, recover onto right

CHASSE ¼ TURN, PIVOT ½ TURN, KICK & POINT X 2

- 1&2 Step left to left side, step right beside left, make ¼ turn to left stepping left forward
- 3-4 Step forward on right, pivot ½ turn to left (Weight on left)
- 5&6 Kick right forward, step right in place, point left to left side
- 7&8 Kick left forward, step left in place, point right to right side

Choreographers note:- This dance is written in the style of a jive.
Therefore the kicks should be quite sharp and low, and the chasse's are kept quite short.
Also, try not to lean back on the rock steps