

Kick Start

32 count, 4 wall, beginner level

Choreographer: Mary Kelly (Wales) Feb 99

Choreographed to: Linda Lou (The Tractors-Farming in a changing world); Still the one (Line Dance Fever 7) (148 bpm); Cryin' Through my eyes (Dave Sheriff in Nashville) (140 bpm); In the Caribbean (Dave Sheriff in Nashville) (126 bpm) (Teaching speed)

SECTION 1. STEP/KICK/BACK/TOUCH/R. SH. FWD/KICK BALL CHANGE.

- 1 Step forward right.
- 2 Kick left forward.
- 3 Step back left.
- 4 Touch right back.
- 5&6 Right shuffle forward (RLR)
- 7&8 Kick left forward / Step on ball of left foot / change weight to right foot.

SECTION 2. STEP/KICK/BACK/TOUCH/L. SH. FWD/KICK BALL CHANGE.

- 9 Step forward left.
- 10 Kick right forward.
- 11 Step back right.
- 12 Touch left back.
- 13&14 Left shuffle forward (LRL)
- 15&16 Kick right forward / step on ball of right foot / change weight to left foot.

SECTION 3. R. VINE / L HIPBUMP / HOLD / R. HIPBUMP / HOLD.

- 17 Step to right on right.
- 18 Step left behind right.
- 19 Step to right on right.
- 20 Touch left beside right.
- 21 Step slightly to left on left, bumping hips to left.
- 22 Hold for one beat with one clap.
- 23 Bump hips to right.
- 24 Hold for one beat with one clap.

SECTION 4. L. VINE / ROCK / STEP / BACK QUARTER PIVOT.

- 25 Step to left on left.
- 26 Step right behind left.
- 27 Step to left on left.
- 28 Touch right beside left.
- 29 Rock forward on right.
- 30 Rock back in place on left.
- 31 Step back on ball of right foot.
- 32 Pivot quarter turn to right with weight remaining on left foot.