



Approved by:



Kick Up Your Heels

4 WALL – 32 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Kick, Kick, Coaster Step (x 2)		
1 – 2	Kick right forward twice.	Kick Kick	On the spot
3 & 4	Step right back. Step left beside right. Step right forward.	Coaster Step	
5 – 6	Kick left forward twice.	Kick Kick	
7 & 8	Step left back. Step right beside left. Step left forward.	Coaster Step	
Section 2	Touch, Touch, & Point & Point, Behind, 1/4 Turn, Forward Lock Step		
1 – 2	Touch right out to right side twice.	Touch Touch	On the spot
& 3 & 4	Step right beside left. Point left to side. Step left beside right. Point right to side.	& Point & Point	
5 – 6	Cross right behind left. Turn 1/4 left stepping left forward. (9:00)	Behind Quarter	Turning left
7 & 8	Step right forward. Lock left behind right. Step right forward.	Right Lock Right	Forward
Section 3	Cross, 1/4 Turn, Chasse, Cross, Point, Cross Shuffle		
1 – 2	Cross left over right. Turn 1/4 left stepping right back. (6:00)	Cross Quarter	Turning left
3 & 4	Step left to side. Close right beside left. Step left to side.	Side Close Side	Left
5 – 6	Cross right over left. Point left to side.	Cross Point	
7 & 8	Cross left over right. Step right to side. Cross left over right.	Cross Shuffle	Right
Section 4	Side Rock, Behind Side Cross, Side Rock, Sailor 1/4 Turn		
1 – 2	Rock right to right side. Recover onto left.	Side Rock	On the spot
3 & 4	Cross right behind left. Step left to left side. Cross right over left.	Behind Side Cross	Left
5 – 6	Rock left to left side. Recover onto right.	Side Rock	On the spot
7 & 8	Cross left behind right. Turn 1/4 left and step right beside left. Step left forward. (3:00)	Sailor Quarter	Turning left
Tag	End of Wall 10 (facing 6:00): Hold for 2 counts then start the dance again.		

Choreographed by: Dan Morrison (CA) October 2013

Choreographed to: 'Kick Up Your Heels' by Jessica Mauboy feat Pitbull from CD Beautiful; download available from amazon or iTunes (16 count intro - start on vocals)

Tag: One very easy 2-count Tag after Wall 10



A video clip of this dance is available at www.linedancermagazine.com