

# **Kickstart My Heart**

BEGINNER 48 Count Choreographed by: Patrick Latendresse Choreographed to: I Can Love You Better by Dixie Chicks

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# TURNING FORWARD SHUFFLE, ROCK-STEP, REPEAT ON OPPOSITE FOOTWORK

- 1 & 2 Shuffle forward on left foot (left-right-left), while turning 1/2 right
- 3 4 Rock back on right foot, step forward on left
- 5 & 6 Shuffle forward on right foot (right-left-right), while turning 1/2 left
- 7 8 Rock back on left foot, step forward on right

# WALK AND TURNS

1 - 2 - 3 - 4 MAN: Step forward on left, do a complete turn on the next to counts on right then left foot, step forward on right

### /Release right hand, holding left hand during turn, taking right hand back on count 4

# LADY: Step forward left, right, left, right

/Release right hand, holding his left hand while he turns, taking the right hand back on count 4 5 - 6 - 7 - 8 MAN: Step forward on left, right, left, right

/Release left hand, holding right hand during turn, taking left hand back on count 4

LADY: Step forward on left, do a complete turn on the next to counts on right then left foot, step forward on right

/Release left hand, holding right hand during turn, taking left hand back on count 4

## /The couple returns to "Sweetheart position" and same steps

# FORWARD AND BACK ROCK-STEP, TOE POINT, COASTER-STEP WITH 1/4 TURN LEFT

- 1 2 3 4 Rock forward on left, back onto right, rock backwards on left, forward onto right
- 5 6 Point left foot forward, point left foot to left side
- 7 & 8 While starting a 1/4 turn to the left step back with left, step right next to left, step forward on left

# /Release left hand, lady will pass man's right hand over her head (from her shoulder, up and over), join hands behind man's back

/Lady is now behind the man, with their hands at about belt level

# **REPEAT ON OPPOSITE FOOTWORK**

### /Couple is now facing outside the circle of dance

- 1 2 3 4 Rock forward on right, back onto left, rock backwards on right, forward onto left
- 5 6 Point right foot forward, point right foot to right side
- 7 & 8 While starting a 1/4 turn to the right step back with right, step left next to right, step forward on right

/DO NOT release hands! Couple is now facing LOD, Man's left hand is behind his back, his right hand in front of lady's belt-buckle

# **4 FORWARD SHUFFLES**

- 1 & 2 Shuffle forward on left foot (left-right-left)
- 3 & 4 Shuffle forward on right foot (right-left-right)
- 5 & 6 Shuffle forward on left foot (left-right-left)
- 7 & 8 Shuffle forward on right foot (right-left-right)

# WALK BACK, ROCK-STEP, KICK-BALL-CHANGE

1 - 2 - 3 - 4 MAN: Step back with left, right, left right

# /Release lady's left hand, turning her to the left one complete turn on counts 3-4

LADY: Step back with left, right, while turning one complete turn to the left, step back left, right

### /Release man's left hand during turn, returning to sweetheart position after turn

5 - 6 BOTH: Rock back on left foot, step forward on right foot

# 7 & 8 Kick left foot forward, step left foot next to right (&), step right next to left

# REPEAT

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