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# Kickin' Up My Heels

32 Count 4 Wall Beginner Level Dance. Choreographed by: Pia Rossen (DK) Aug 2024 Choreographed to: Except For Monday by Lorrie Morgan Intro: 32 Counts. Start at approx 12 secs.

### Remember to Vote for your favourite dances in the Linedancer Charts.

## SEC 1 STEP, TOUCH, BACK, KICK, SHUFFLE BACK, HOLD

- 1-2 Step R fwd, touch L toe next to R
- 3-4 Step L back, kick R fwd
- 5-6 Step R back, step L next to R
- 7-8 Step R back, hold

#### SEC 2 BACK ROCK, TURN ¼ SIDE HOLD, BEHIND SIDE CROSS, HOLD

- 1-2 Step L back recover onto R
- 3-4 Turn ¼ R stepping L to L side, Hold (3:00)
- 5-6 Cross R behind L, step L to L side
- 7-8 Cross R over L, hold

#### SEC 3 SCISSOR STEP, HOLD, MONTEREY TURN 1/4

- 1-2 Step L to L side, step R next to L
- 3-4 Cross L over R, hold
- 5-6 Point R toe to R side, turn ¼ R stepping R next to L (6:00)
- 7-8 Point L toe ro L side, step L next to R

#### SEC 4 MONTEREY TURN 1/4, HEEL SWITCHES

- 1-2 Point R toe to R side, turn ¼ R stepping R next to L (9:00)
- 3-4 Point L toe to L side, step L next to R
- 5-6 Tap R heel fwd, step R next to L
- 7-8 Tap L heel fwd step L next to R
- Ending After 16 counts of Wall 12, step R to R side cross L over R

