

KICKIN' UP MY HEELS

Count:32

Wall : 4

Level: beginner

Choreo: Pia Rossen (DK) – August 2024

Music: Except For Monday – Lorrie Morgan

Intro: 32 count, weight on L foot

No tags – No restarts

(1-8) STEP TOUCH, BACK KICK, R SHUFFLE BACK, HOLD

1-2 step R fwd (1), touch L toe next to R(2)

3-4 step L back (3), kick R fwd (4)

5-6 step R back (5), step L next to R (6)

7-8 step R back (7), hold (8)

(9-16) L BACK ROCK, TURN 1/4 R STEPPING L TO L SIDE HOLD,
BEHIND SIDE CROSS, HOLD

1-2 step L back (1) recover onto R (2)

3-4 turn 1/4 R, stepping L to L side (3), Hold (4)

5-6 cross R behind L (5), step L to L side (6)

7-8 cross R over L (7), hold (8)

(17-24) L SCISSOR STEP, HOLD, MONTEREY TURN 1/4 R

1-2 step L to L side (1), step R next to L (2)

3-4 cross L over R (3), hold (4)

5-6 point R toe to R side (5), turn 1/4 R stepping R next to L (6)

7-8 point L toe ro L side (7), step L next to R (8)

(25-32) MONTEREY TURN 1/4 R, HEEL SWITCHES R & L

1-2 point R toe to R side (1), turn 1/4 R stepping R next to L (2)

3-4 point L toe to L side (3), step L next to R (4)

5-6 tap R heel fwd (5), step R next to L (6)

7-8 tap L heel fwd (7) step L next to R (8)

start again

Ending: Wall 12 (9,00) is the last wall.

Dance 16 count, step R to R side cross L over R (12.00)

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