

Kick It

44 count, 4 wall, beginner level

Choreographer: Sandi Brooks (USA) Nov 1997

Choreographed to: Holding On To Save My Life by
Shania Twain

Start on vocals

Kick, Kick, Coaster steps

- 1,2 Kick Rt. foot forward 2 times
- 3&4 Rt. Coaster Step
- 5,6 Kick Lt. foot forward 2 times
- 7&8 Lt. Coaster Step

Stomp – Clap, Kick, Kick, w/ Half Turn, to Lt.

- 1,2 Stomp forward on Rt., then clap
- 3,4 Stomp forward on Lt., then clap
- 5,6 Kick Rt. foot forward 2 times
- 7,8 Place toe of Rt. behind Lt. heel and turn ½ Rt.

Lt. Triple, Rock Step Fwd, Spin Rt. 1½ Times

- 1&2 Lt. Triple step forward
- 3,4 Rock forward on Rt.; step Lt. in place -shifting wt. to Lt. foot
- 5-8 Do a pivot turn on Rt. (step to the Rt. w/ the Rt. foot – turning back to the direction you just came from) to begin the 1 ½ spin to the Rt.

Kick Rt. foot Forward (turning body ¼ turn to the Rt.), Rt. Coaster Step, Step & Pivot ½ Turn to Lt., Lt. Coaster Step

- 1,2 Turn your body 45 degrees to the Rt.; Kick Rt. foot forward 2 times
- 3&4 Finish turning body to Rt. so that you are now turned a ¼ to the Rt. (3:00), do a Rt. Coaster Step
- 5 Step forward on Lt.
- 6& Step forward on balls of Rt. foot, while also rising up on balls of Lt. foot, to pivot ½ turn to Lt.
- 7&8 Lt. Coaster Step

Hook Kicks, Big Step & Side, Hip Circles

- 1,2 Rt. Hook Kick (Tap Rt. heel in front of Lt. toe, tap Rt. toe in front of Lt. toe)
- 3,4 Big Step Rt. w/ Rt. foot (45 degrees to Rt.) slide Lt. up to Rt.
- 5,6 Lt. Hook Kick (Tap Lt. heel in front of Rt. toe, tap Lt. toe in front of Rt. toe)
- 7,8 Big Step to Lt. w/ Lt. foot (45 degrees to Lt.) slide Rt. up to Lt.

- 1-4 2 Hip circles or grinds