

KICK UP YOUR HEELS



Level: Easy Intermediate **Genre:** Pop
Artist: Jessica Mauboy ft Pitbull - Edited (NO Pitbull)
Choreo: Jan Cole - Paradise Cloggers Cairns
jdjecole@bigpond.net.au
Speed: -5% to -10% **Length:** 2:39 edited
Sequence: A,B,C,D,A,B,C,D,C,D
Wait: 16 beats; Left foot lead

Quick Cues

Part A (32 beats)

16 **2** Red Rooster (**L & R**)
8 Swayback
4 Donkey
4 Joey (**R ft**)

Part B (32 beats)

16 **2** Slur Rock Heel (**1/2R ea**)
8 Cowboy
8 **2** Stomp Double

Part C (32 beats)

4 Charleston Kick
4 Heel Snaps
4 Charleston Kick (**R ft**)
4 Joey Toe-Heel (**R ft**)
4 Charleston Kick (**R ft**)
4 Heel Snaps (**R ft**)
4 Charleston Kick
4 Joey Toe-Heel

Part D (32 beats)

4 Double Kick
4 Slur Basic
8 Swing and Pivot (**1/2R**)
4 Double Kick
4 Slur Basic
8 Swing and Pivot (**1/2R**)

Part A (32 beats)

16 **2** Red Rooster (**L & R**)
8 Swayback
4 Donkey
4 Joey (**R ft**)

Part B (32 beats)

16 **2** Slur Rock Heel (**1/2R ea**)
8 Cowboy
8 **2** Stomp Double

Quick Cues

Part C (32 beats)

4 Charleston Kick
4 Heel Snaps
4 Charleston Kick (**R ft**)
4 Joey Toe-Heel (**R ft**)
4 Charleston Kick (**R ft**)
4 Heel Snaps (**R ft**)
4 Charleston Kick
4 Joey Toe-Heel

Part D (32 beats)

4 Double Kick
4 Slur Basic
8 Swing and Pivot (**1/2R**)
4 Double Kick
4 Slur Basic
8 Swing and Pivot (**1/2R**)

Part C (32 beats)

4 Charleston Kick
4 Heel Snaps
4 Charleston Kick (**R ft**)
4 Joey Toe-Heel (**R ft**)
4 Charleston Kick (**R ft**)
4 Heel Snaps (**R ft**)
4 Charleston Kick
4 Joey Toe-Heel

Part D (32 beats)

4 Double Kick
4 Slur Basic
8 Swing and Pivot (**1/2R**)
4 Double Kick
4 Slur Basic
8 Swing and Pivot (**1/2R**)



Step Definitions - KICK UP YOUR HEELS

RED ROOSTER:

[DS DS (XIF) BA(OTS) BA(XIB) BA(OTS) BA(XIF) DS(OTS) RS RS RS] (MOVING L)
L R L R L R L R RL RL RL
&1 &2 & 3 & 4 &5 &6 &7 &8

SWAYBACK:

DS DT(XIF) H DT(X) H T-H(BK) R(BK) S DS DS RS
L R L R L R R L R LR
&1 & 2 & 3 & 4 & 5 &6 &7 &8

DONKEY:

DS TCH(XIF) H TCH(F) H RS
L R L R L RL
&1 & 2 & 3 &4

JOEY:

DS BA(XIB) BA(OTS) BA(OTS) BA(XIB) BA(OTS) S
R L R L R L R
&1 & 2 & 3 & 4

SLUR ROCK HEEL:

DS SLR-S(XIB) DS SLR-S R H(WGT) PVT(1/2R) S DS RS
L R R L R R L R L R LR
&1 & 2 &3 & 4 & 5 & 6 &7 &8

COWBOY:

[DS DS DS BR(XIF) H] (FWD) [DS(XIF) R(BK) S(XIF) R(BK) S(XIF) R(BK) S(XIF)] (BK)
L R L R L R L R L R L R
&1 &2 &3 & 4 &5 & 6 & 7 & 8

CHARLESTON KICK:

DS-DR/K H T-H(BK) RS
L L/R L R R LR
&1 & 2 & 3 &4

STOMP DOUBLE:

(P) STO DS DS RS (CAN BE DR INSTEAD OF (P) AT START)
L R L RL
& 1 &2 &3 &4

HEEL SNAPS:

DT-S/BA(LIFT H) (P) BA(LIFT H)/H (P) H/BA(LIFT H) BA(LIFT H)/H H/LIFT
L L/R L /R L/R L /R L/R
& 1 & 2 & 3 & 4

JOEY TOE HEEL:

DS BA(XIB) BA(OTS) BA(OTS) BA(XIB) T-H
L R L R L R R
&1 & 2 & 3 & 4

DOUBLE KICK:

DS K(F) H K(OTS) H RS
L R L R L RL
&1 & 2 & 3 &4

SLUR BASIC:

DS(OTS) SLR-S(XIB) DS RS
R L L R LR
&1 & 2 &3 &4

SWING AND PIVOT:

FLR(REV)/DR S(XIF) R S-DR/FLR(REV) S RS R H(WGT) PVT(1/2R) S T-H TT(BK) H
L /R L R L L /R R LR L R R L R
& 1 & 2 & 3 &4 & 5 & 6 & 7 & 8