

Kickin' In



Competition Step Sheet

DIVISION: Starter Primary, Junior, Teen & Young Adult

Description: 32 Counts, 4 Walls, Non-Country
Choreographer: Fred Whitehouse
Music: Kickin' In by Adam Lambert
Album: Trespassing
Count-in: The first 21 seconds of the track will be cut. 16 Count Intro from there.

- 1-8 RIGHT WEAVE, HIP BUMP X 2**
1,2 Step RF to right side, step LF behind RF
&3&4 Step RF to right side, cross LF over RF, push hips forward and back
5,6 Step RF to right side, step LF behind RF
&7&8 Step RF to right side, cross LF over RF, push hips forward and back (12:00)
- 9-16 STEP TOUCH X 3, RUN, RUN, RUN**
1,2 Step RF to right side, touch LF beside RF
3,4 Turn 1/4 left stepping LF to left side, touch RF beside LF (9:00)
5,6 Turn 1/4 left stepping RF to right side, make 1/4 turn left, touch LF beside RF facing (3:00)
7&8 Turn 1/2 left, walking LF,RF,LF (9:00)
- 17-24 WALK, WALK, TRIPLE X 2**
1-2 Walk forward RF,LF (9:00)
3&4 Step RF forward, close LF to RF, step RF forward
5-6 Walk forward LF,RF
7&8 Step LF forward, close RF to LF, step LF forward
- 25-32 CROSS BACK, TRIPLE HOP, CROSS BACK WITH TOUCH**
1,2 Cross RF over LF, turn 1/4 right stepping LF back (12:00)
3&4 Turn 1/4 right, bringing feet together, making 3 mini hops to the right (3:00)
5,6 Cross LF over RF, turn 1/4 left stepping RF back
7,8 Turn 1/4 left, step LF to left side, touch RF beside LF

Begin again ☺