

KICK & ROLL

Choreography : Frank Mombers & Anja Moons
 Type of dance : Two Wall Stationary Partner Dance
 Level : Intermediate
 Counts : 64
 BPM : 142 (*East Coast Swing*)
 Music : "Travellin' Music" – Dennis Robins - "Rosie's On A Roll" – "Got A Lot Of Livin' To Do" – Steven Wayne Horto (170 BPM)



*** Gentlemen

TOE INSTEP, KICK, COASTER STEP 2X

1 RF Touch beside LF, turn R knee in
 2 RF Kick right diagonal forward
 3 RF Step behind
 & LF Together
 4 RF Step forward
 5 LF Touch beside RF, turn L knee in
 6 LF Kick left diagonal forward
 7 LF Step behind
 & RF Together
 8 LF Step forward

SHUFFLE 1/4 TURN R, SHUFFLE 1/4 TURN L, KICK, KICK, SHUFFLE 1/4 TURN L

1 RF step forward
R hand holds lady's R hand, L hand free
 & 1/4 turn right, LF step to left side
 2 RF together
 3 1/4 turn right, LF step behind
 & RF Together
 4 LF Step behind
 5 RF Kick right diagonal forward
 & RF Together
 6 LF Kick left diagonal forward
 & LF Together
 7 RF Step forward
R hand holds lady's R hand, L hand free
 & 1/4 turn right, LF step to left side
 8 RF Together

SHUFFLE 1/4 TURN L, KICK, KICK, SHUFFLE 1/2 TURN L, SHUFFLE 1/4 TURN L

1 1/4 turn right, LF step behind
 & RF Together
 2 LF Step behind
 3 RF Kick right diagonal forward
 & RF Together
 4 LF Kick left diagonal forward
 & LF Together
 5 RF step forward
R hand holds lady's R hand, L hand free
 & 1/4 turn right, LF step to left side
 6 RF Together
 7 1/4 turn right, LF step behind
 & RF Together
 8 LF Step behind

SIDE, BEHIND, 1/4 TURN R, KICK, 1/2 TURN L, 1/2 TURN L, 1/2 TURN L SHUFFLE

1 RF step to right side
 2 LF step behind
 3 1/4 turn right, RF step forward
 4 LF Kick forward
 5 1/2 turn left, LF step forward
 6 1/2 turn left, RF Together
 7 1/4 turn left, LF step to left side
 & RF Together

*** Lady

TOE INSTEP, KICK, COASTER STEP 2X

1 RF Touch beside LF, turn R knee in
 2 RF Kick right diagonal forward
 3 RF Step behind
 & LF Together
 4 RF Step forward
 5 LF Touch beside RF, turn L knee in
 6 LF Kick left diagonal forward
 7 LF Step behind
 & RF Together
 8 LF Step forward

SHUFFLE 1/2 TURN L, SHUFFLE L, KICK, KICK, SHUFFLE 1/2 TURN L

1 1/4 turn left, RF step to right side
Raise R hand, L hand free
 & LF Together
 2 1/4 turn left, RF step behind
 3 LF Step behind
 & RF Together
 4 LF Step behind
 5 RF Kick right diagonal forward
 & RF Together
 6 LF Kick left diagonal forward
 & LF Together
 7 1/4 turn left, RF step to right side
Raise R hand, L hand free
 & LF Together
 8 1/4 turn left, RF step behind

SHUFFLE L, KICK, KICK, SHUFFLE 1/2 TURN L, SHUFFLE 1/4 TURN L

1 LF Step behind
 & RF Together
 2 LF Step behind
 3 RF Kick right diagonal forward
 & RF Together
 4 LF Kick left diagonal forward
 & LF Together
 5 1/4 turn left, RF step to right side
Raise R hand, L hand free
 & LF Together
 6 1/4 turn left, RF step behind
 7 LF Step behind
 & RF Together
 8 1/4 turn left, LF step to left side

FULL TURN L, STEP, KICK, STEP, 1/4 TURN R, 3/4 TURN R

1 1/4 turn left, RF step to right side
 2 3/4 turn left, LF step forward
 3 RF step forward
 4 LF Kick forward
 5 LF Step behind
 6 1/4 turn right, RF step to right side
 7 1/4 turn right, LF step forward
 8 1/2 turn right, RF step forward



KICK, KICK, PIVOT ½ TURN L, SHUFFLE ¼ TURN L,**KICK BALL CHANGE**

1 RF Kick forward
 & RF Together
 2 LF Kick forward
 & LF Together
 3 RF Step forward
 4 ½ turn left, LF step forward
 5 ¼ turn left, RF step to right side
 & LF Together
 6 RF Step opzij
 7 LF Kick behind
 & LF Close
 8 RF Step on place

SHUFFLE L, SHUFFLE ½ TURN L, KICK BALL CHANGE, SHUFFLE ½ TURN LEFT

1 LF Step forward
 & RF Together
 2 LF Step forward
Hold both hands at shoulder height, R shoulder lady against R shoulder gentlemen
 3 ½ turn right, RF step forward
 & LF Together
 4 RF Step on place
Hold both hands at shoulder height, R shoulder lady against R shoulder gentlemen
 5 LF Kick behind
 & LF Close
 6 RF Step on place
 7 ¼ turn left, LF step to left side
 & RF Together
 8 ¼ turn left, LF step behind

SHUFFLE R, KICK BALL CHANGE, SHUFFLE L, SHUFFLE ½ TURN R

1 RF Step behind
 & LF Together
 2 RF Step behind
 3 LF Kick behind
 & LF Together
 4 RF Step on place
 5 LF Step forward
 & RF Together
 6 LF Step forward
Hold both hands at shoulder height, R shoulder lady against R shoulder gentlemen
 7 ½ turn right, RF step forward
 & LF Together
 8 RF Step on place

KICK BALL CHANGE, ¼ TURN L, STEP, KNEE POPS, ¾ TURN R, TOUCH

1 LF Kick behind
 & LF Together
 2 RF Step on place
 3 ¼ turn right, LF step to left side
 4 RF Step to right side
 & Bend knees
 5 Straighten legs
 & Bend knees
 6 Straighten legs
 7 ¼ turn left, RF step forward
 8 ½ turn left, LF step forward

START AGAIN**KICK, KICK, PIVOT ½ TURN R, SHUFFLE ¼ TURN R,****KICK BALL CHANGE**

1 LF Kick forward
 & LF Together
 2 RF Kick forward
 & RF Together
 3 LF Step forward
 4 ½ turn right, RF step forward
 5 ¼ turn right, LF step to left side
 & RF Together
 6 LF Step opzij
 7 RF Kick behind
 & RF Close
 8 LF Step on place

SHUFFLE R, SHUFFLE ½ TURN R, KICK BALL CHANGE, SHUFFLE ½ TURN LEFT

1 RF Step forward
 & LF Together
 2 RF Step forward
Hold both hands at shoulder height, R shoulder lady against R shoulder gentlemen
 3 ½ turn right, LF step behind
 & RF Together
 4 LF Step on place
Hold both hands at shoulder height, R shoulder lady against R shoulder gentlemen
 5 RF Kick behind
 & RF Close
 6 LF Step on place
 7 ¼ turn left, RF step to right side
 & LF Together
 8 ¼ turn left, RF step behind

SHUFFLE L, KICK BALL CHANGE, SHUFFLE R, SHUFFLE ½ TURN R

1 LF Step behind
 & RF Together
 2 LF Step behind
 3 RF Kick behind
 & RF Together
 4 LF Step on place
 5 RF Step forward
 & LF Together
 6 RF Step forward
Hold both hands at shoulder height, R shoulder lady against R shoulder gentlemen
 7 ½ turn right, LF step behind
 & RF Together
 8 LF Step on place

KICK BALL CHANGE, ¼ TURN L, STEP, KNEE POPS, ¾ TURN R, TOUCH

1 RF Kick behind
 & RF Together
 2 LF Step on place
 3 ¼ turn left, RF step to right side
 4 LF Step to left side
 & Bend knees
 5 Straighten legs
 & Bend knees
 6 Straighten legs
 7 ¼ turn right, LF step forward
 8 ½ turn right, RF touch next to LF

START AGAIN