

# KICK OFF YOUR SHOES

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**Count:** 48

**Wall:** 2

**Level:** beginner/intermediate

**Choreographer:** Lynn Gannon

**Music:** I'm From The Country by Tracy Byrd

## STEP, KICKS, SLOW COASTER STEP, HEEL BOUNCE $\frac{1}{4}$ TURN

- 1 Step forward right
- 2 Kick left forward
- 3 Kick left to left side
- 4 Step back left
- 5 Step back right
- 6 Step forward left
- 7-8 On balls of feet, bounce heels twice to complete  $\frac{1}{4}$  turn right

## FORWARD RIGHT SHUFFLE, ROCK STEP, BACK SHUFFLE, ROCK STEP

- 9&10 Step forward right, close left beside right, step forward right
- 11 Rock forward on left
- 12 Rock back onto right
- 13&14 Step back left, close right beside left, step back left
- 15 Rock back on right
- 16 Rock forward onto left

## STEP, KICKS, SLOW COASTER STEP, HEEL BOUNCE $\frac{1}{4}$ TURN

- 17 Step forward right
- 18 Kick left forward
- 19 Kick left to left side
- 20 Step back left
- 21 Step back right
- 22 Step forward left
- 23-24 On balls of feet, bounce heels twice to complete  $\frac{1}{4}$  turn right

## FORWARD RIGHT SHUFFLE, ROCK STEP, BACK SHUFFLE, ROCK STEP

- 25&26** Step forward right, close left beside right, step forward right
- 27** Rock forward on left
- 28** Rock back onto right
- 29&30** Step back left, close right beside left, step back left
- 31** Rock back on right
- 32** Rock forward onto left

### **SYNCOPATED STEPS WITH TURNS & CLAPS**

- &33** Step right  $\frac{1}{4}$  turn right, step left beside right
- &34** Clap hands twice
- &35** Jump forward right and left
- &36** Clap hands twice
- &37** Step forward right making  $\frac{1}{4}$  turn left, step left beside right
- &38** Clap hands twice
- 39** Step right to right side
- 40** Cross left behind right

### **SYNCOPATED TURNS WITH CLAPS & SHIMMIES**

- &41** Step right  $\frac{1}{4}$  turn right, step left beside right
- 42** Clap
- 43-44** Shimmy shoulders for two counts
- &45** Step forward right making  $\frac{1}{4}$  turn left, step left beside right
- 46** Clap
- 47-48** Shimmy shoulders for two counts

### **REPEAT**