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# *Kickin' Up My Heels*

Choreographer : Pia Rossen

Type of dance : 4 Wall

Level : Easy Beginner

Counts : 32

Intro : 32 counts

Music : Except for Monday – by Lorrie Morgan

**No tags – No restarts**

## **(1-8) STEP TOUCH, BACK KICK, R SHUFFLE BACK, HOLD**

1-2 step R fwd (1), touch L toe next to R(2)  
3-4 step L back (3), kick R fwd (4)  
5-6 step R back (5), step L next to R (6)  
7-8 step R back (7), hold (8)

## **(9-16) L BACK ROCK, TURN 1/4 R STEPPING L TO L SIDE HOLD, BEHIND SIDE CROSS, HOLD**

1-2 step L back (1) recover onto R (2)  
3-4 turn 1/4 R, stepping L to L side (3), Hold (4)  
5-6 cross R behind L (5), step L to L side (6)  
7-8 cross R over L (7), hold (8)

## **(17-24) L SCISSOR STEP, HOLD, MONTEREY TURN 1/4 R**

1-2 step L to L side (1), step R next to L (2)  
3-4 cross L over R (3), hold (4)  
5-6 point R toe to R side (5), turn 1/4 R stepping R next to L (6)  
7-8 point L toe to L side (7), step L next to R (8)

## **(25-32) MONTEREY TURN 1/4 R, HEEL SWITCHES R & L**

1-2 point R toe to R side (1), turn 1/4 R stepping R next to L (2)  
3-4 point L toe to L side (3), step L next to R (4)  
5-6 tap R heel fwd (5), step R next to L (6)  
7-8 tap L heel fwd (7) step L next to R (8)

**Start Again**

**Ending: Wall 14 (9,00) is the last wall.**

**Dance 20 count, step R to R side cross L over R (12.00)**

Contact: [piahrossen@jubiiimail.dk](mailto:piahrossen@jubiiimail.dk)

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