

KICKING OFF YOUR SHOES

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Music: Sway by Danielle Bradbery Available: iTunes and Amazon
Album: I Don't Believe We've Met Preview: <https://youtu.be/j6ntoRW2XVc>
Time/Speed: Time @ RPM: 3:31 @ 45 – As downloaded
Rhythm: Rumba Phase: V+1[Circular Hip Twist] Difficulty: Average
Footwork: Opposite, except where noted Released: July, 2023
Sequence: **Intro-A-B-C-A-B-C(MOD)-INTERLUDE-C-END**

Choreographed at the 2023 Goss Choreography School

Special thanks to Bill & Carol Goss and also to MaryAnn Callahan & Sharon Parker for their input!

INTRODUCTION

1-2 NO HANDS JOINED FCG PARTNER & WALL WITH LEAD FOOT FREE WT 2 MEAS ; ;

1-2 No hands joined FCG partner & wall with lead foot free wt 2 meas ; ;

PART A

1-4 CHASE 3/4 [HNDSHK] ; ; ; CROSS BODY ENDING [HNDSHK] ;

1-3 Fwd L comm sharp ½ RF trn, rec fwd R, fwd L, -; fwd R comm sharp ½ LF trn, rec fwd L, fwd R, -; fwd L, rec R, bk L and start LF trn, -; (*Bk R with no trn, rec L, fwd R, -; fwd L comm sharp ½ RF trn, rec fwd R, fwd L, -; fwd R comm sharp ½ LF trn, rec fwd L, fwd R, -;*) HNDSHK

4 Bk R continue LF trn, small fwd L, sd and fwd R, -; (Fwd L commencing to trn LF, fwd R trng ½ LF end with R foot bk, sd and bk L to fc ptr, -;) HNDSHK COH

5-8 SHADOW BREAK W/LADY'S HEADLOOP [VARS] ; [RLOD] PROGRESSIVE WALK 3 ; SLIDING DOOR ; CUCARACHA [BFLY WALL] ;

5 Swvlg ¼ LF on R to fc RLOD bk L taking R arms over woman's head to VARS, rec fwd R, fwd L, -;

6 Fwd R, fwd L, fwd R, -;

7 Rk apart L, rec R, releasing hnds XLif of R changing sides as woman Xif of man, -;

8 Sd R, rec L to fc ptr in BFLY, cl R, -;

PART B

1-4 SIDE WALK 3 ; FAN ; STOP and GO HOCKEY STICK ; ;

1 Sd L, cl R, sd L, -;

2 Bk R, rec L, sd R, -; (*Fwd L, trng LF step sd and bk R making ¼ trn to L, bk L leaving R foot extended fwd with no weight, -;*)

3-4 Ck fwd L, rec R raising L arm to lead woman to a LF underarm trn, cl L to R, -; ck fwd R with L sd stretch shaping to ptr placing R hand on woman's L shldr blade to ck her movement, rec L raising L arm to lead woman to a RF underarm trn, cl R, -; (*Cl R, fwd L, fwd R trng ½ LF under joined hnds to end at man's R sd, -; ck bk L [man catches woman with R hand on woman's L shldr blade at end of step to ck her movement], rec R, fwd L trng ½ RF under joined hnds to end fcg man in FAN POSITION, -;*)

5-8 ALEMANA [CUDDLE POS] ; ; HIP ROCK 3 ; HIP ROCK 3 ;

5-6 Fwd L, rec R, cl L leading woman to trn RF, -; bk R, rec L, sd R to CUDDLE POSITION, -; (*Bk R, rec L, sd R commence RF swivel, -; continue RF trn under joined lead hnds fwd L, continue RF trn fwd R, sd L to CUDDLE POSITION, -;*)

7-8 With rolling action of hips rk sd L, sd R, sd L, -; with rolling action of hips rk sd R, sd L, sd R, -;

PART C

1-6 CUDDLE 2X [BFLY/WALL] ;; HALF BASIC ; to FULL NATURAL TOP [CP/WALL] ;;;

- 1-2 Sd L leading W to trn RF and release lead hnds to sweep L arm out to sd, rec R, cl L to R (*W swvl up to 1/2 RF on L step sd R and sweep R arm out to sd, rec L trng LF, cl R in front of M*) to CUDDLE POSITION, -;
sd R leading W to trn LF and sweep R arm out to sd, rec L, cl R to L (W swvl up to 1/2 LF on R step sd L and sweep L arm out to sd, rec R trng RF, cl L to R) to end BFLY WALL, -;
- 3 Making 2 full revolutions thru meas 3-6 Fwd L, rec R, with slight RF trn sd L leading W to move fwd (*W bk R, rec L, fwd R between M's feet*) to CP/ROD, -;)
- 4-6 Maintaining CP hold and staying parallel throughout figure commence RF trn and continue trn thru figure XRib of L, sd L, XRib of L, -; sd L, XRib of L, sd L, -; XRib of L, sd L, cl R to CP/WALL, -;
(*Maintaining CP hold throughout figure commence RF trn and continue trn thru figure sd L, XRif of L, sd L, -; XRif of L, sd L, XRif of L, -; sd L, XRif of L, sd L, -;*)

7-8 LATIN WHISK ; CUCARACHA [CP/WALL] ;

- 7 XLib of R, rec R, sd L, -;
- 8 Sd R, rec L, cl R, -; to CP/WALL

9-12 CIRCULAR HIP TWIST ;;; THRU FC CL ;

- 9-11 Fwd L trng 1/8 RF leading W to open out, rec R trn 1/8 LF, bk L bhd R (*W Swvl 1/2 RF on L bk & sd R, rec L swvl 1/2 LF on L, cont LF trn fwd R outsd ptr to M's R sd/trng hips RF towards LOD*), - ; trn LF sd & bk R, cont LF trn XLIB of R, cont LF trn sd & bk R (*W fwd L/swvl LF to fc ptr, cl R to L/trn hip RF, fwd L*);-;
Cont LF trn XLIB of R, cont LF trn sd & bk R, cl L to R (*W swvl LF to fc ptr/cl R, trn hips RF/fwd L, swvl LF to fc ptr/cl R to L, trn hips RF towards LOD*) to end M fc WALL,-;
- 12 Step thru with R foot between ptr, sd L to fc ptr, cl R, ;

REPEAT A

REPEAT B

PART C(MOD)

1-8 CUDDLE 2X [WALL] ;; HALF BASIC ; to FULL NATURAL TOP [CP/WALL] ;;; LATIN WHISK ; CUCARACHA [CP] ;

- 1-8 Repeat Meas 1-8 Part C ; ; ; ; ; ; ; ;

9-12 CIRCULAR HIP TWIST ;;; THRU FC CL [HNDSHK] ;

- 9-11 Repeat Meas 9-11 Part C ; ; ;
- 12 Repeat Meas 12 Part C to HNDSHK ;

13-16 TRADE PLACES 2X ; ; OPEN BREAK ; SPOT TURN [BFLY] ;

- 13-14 R HNDSHK Rk apt L, rec R trng 1/4 RF bhd W releasing hnds, trn 1/4 RF to fc ptr sd & bk L join L hnds (*Trng LF*), -; L HNDSHK Rk apt R, rec L trng 1/4 LF bhd W releasing hnds, trn 1/4 LF to fc ptr sd & bk R join lead hnds (*Trng RF*), -;
- 15 Rk apt strongly on L to LOP while xtndg free arm up with palm out, rec on R lowering free arm, sd L, -;
- 16 Swvlg 1/4 LF on ball of L foot step fwd R trng 1/2 LF, rec L trng 1/4 LF to fc ptr, sd R, -; to BFLY WALL

INTERLUDE

1-5 THRU SERPIENTE ; ; to [RLOD] AIDA ; SWITCH LUNGE and RECOVER [CUDDLE] ; HIP ROCK 3 ;

- 1-2 BFLY WALL Thru L, sd R, bhd L, fan R CW ; bhd R, sd L, thru R, fan L CW ;
- 3 Thru L toward RLOD, trng LF sd R continuing LF trn, bk L to "V" bk-to-bk pos, -;
- 4 Trng RF to fc ptr sd R with lunge line,-, sd L to CUDDLE POS, -;
- 5 Repeat Meas 8 Part B ;

REPEAT C[HNDSHK]

END

1-4 TRADE PLACES 2X ; ; OPEN BREAK [CP] ; RIGHT LUNGE ;

- 1-2 Repeat Meas 13-14 Part C(MOD) ; ;
- 3 Repeat Meas 15 Part C (MOD) to CP WALL ;
- 4 Sd R w/partial weight, take full weight on R with a relaxed knee and looking to right with left side stretch, hold, -;

KICKING OFF YOUR SHOES
V+1 RUMBA [CIRCULAR HIP TWIST]
CHOREO: RIKKI LOBATO

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PART A

CHASE 3/4 [HNDSHK] ; ; ; CROSS BODY ENDING [HNDSHK] ;
SHADOW BREAK W/LADY'S HEADLOOP ; [RLOD] PROGRESSIVE WALK 3 ;
SLIDING DOOR ; CUCARACHA [BFLY WALL] ;

PART B

SIDE WALK 3 ; FAN ; STOP and GO HOCKEY STICK ; ; ALEMANA [CUDDLE POS] ; ; HIP ROCK 3 ;
HIP ROCK 3 ;

PART C

CUDDLE 2X [BFLY/WALL] ; ; HALF BASIC ; to FULL NATURAL TOP ; ; ; LATIN WHISK ;
CUCARACHA [CP/WALL] ; CIRCULAR HIP TWIST ; ; ; THRU FC CL ;

PART A

CHASE 3/4 [HNDSHK] ; ; ; CROSS BODY ENDING [HNDSHK] ;
SHADOW BREAK W/LADY'S HEADLOOP ; [RLOD] PROGRESSIVE WALK 3 ;
SLIDING DOOR ; CUCARACHA [BFLY WALL] ;

PART B

SIDE WALK 3 ; FAN ; STOP and GO HOCKEY STICK ; ; ALEMANA [CUDDLE POS] ; ; HIP ROCK 3 ;
HIP ROCK 3 ;

PART C(MOD)

CUDDLE 2X [WALL] ; ; HALF BASIC ; to FULL NATURAL TOP [CP/WALL] ; ; ; LATIN WHISK ;
CUCARACHA [CP] ; CIRCULAR HIP TWIST ; ; ; THRU FC CL [HNDSHK] ; TRADE PLACES 2X ; ;
OPEN BREAK ; SPOT TURN [BFLY] ;

INTERLUDE

THRU SERPIENTE ; ; to [RLOD] AIDA ; SWITCH LUNGE and RECOVER [CUDDLE] ; HIP ROCK 3 ;

PART C

CUDDLE 2X [BFLY/WALL] ; ; HALF BASIC ; to FULL NATURAL TOP [CP/WALL] ; ; ; LATIN WHISK ;
CUCARACHA [CP/WALL] ; CIRCULAR HIP TWIST ; ; ; THRU FC CL [HNDSHK] ;

END

TRADE PLACES 2X ; ; OPEN BREAK [CP] ; RIGHT LUNGE ;