

I Get A Kick Quickstep

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 Record: I Get A Kick Out Of You (track 9 from the CD The Very Best Of Frank Sinatra)
 Sequence: Introduction A A (mod) B C B (1 – 32) Ending
 Phase: VI Quickstep
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Introduction

1 – 4 Wait; ; Apart, Point; Pickup, Touch;

- 1 – 2 [Wait] Standing in Open Facing Position Man facing DC trailing hands joined and lead feet free wait; ;
 3 – 4 [Standard Acknowledge to Pickup (SS; SS)] Apart L, -, point R, -; Together R, -, touch L to R to end in CP facing DC, -;

Part A

1 – 16 Quick Open Reverse; Back, - Chasse; -, -, Tap / Kick, -; Tap, -, Tipple Chasse; -, -, Forward, Lock; Forward, -, Forward in BJO, -; Cross Chasse; Manuver, -, Side, Close; Open Impetus; -, -, Thru, -; Quick Open Reverse; Heel Pivot; Forward, -, Point, -; Check & Freeze; Outside Swivel, -, Slow Pickup; ; (NOTE: Second time measures 15 – 16 are Whaletail.)

- 1 [Quick Open Reverse (SQQ)] Forward L commence LF turn, -, side R toward DC, back L in CBJO;
 2 – 3+ [Chasse Tap/Kick, Tap (SQQ; S&S; S)] Back R toward DC blending to CP, -, side L toward DC, close R to L; Side L very soft knees, quickly tap R toe behind L side / small kick side R, -; Tap R toe behind, -;
 4+ – 6 [Tipple Chasse, Forward Locks (QQ;S QQ; SS;)] Side R toward DWR, close L to R toes; Side R toes soft knees, -, swinging L side forward step diagonally forward L, lock R XIB of L [W: lock L XIF of R]; Forward L, -, forward R in CBJO toward DW, -;
 7 [Cross Chasse (SQQ)] Forward L blending to CP, -, side and forward R slight R side lead, swinging L side forward step forward L left side leading;
 8 [Manuver (SQQ)] Forward R in CBJO, -, side L turning to face RLOD in CP, close R to L;
 9 – 9+ [Open Impetus (SS; S)] Back L in CP commence RF turn, close R to L heel turn to face DC rising at end of turn, continue body turn and step side and forward L toward DC left side leading in SCP;
 [W: Forward R between partner's feet commence RF turn, side and around partner L rising and brush R to L, continue RF turn side and forward R towards DC right side leading turning to SCP;]
 10+ – 11 [Forward to Quick Open Reverse (S; SQQ)] Thru R in SCP, -; Blending to CP Forward L commence LF turn, -, side R toward DC, back L in CBJO;
 12 [Heel Pivot (SQQ)] Back R, -, touch L to R turning 1/4 LF to face DW, hold;
 [W: Forward L, -, side R, close L to R to end backing DW;]
 13 – 14 [Forward, Point, Check, Freeze (SS; SS)] Forward L, -, swiveling slightly on L point R to side, -; Forward R outside partner in CBJO checking and freeze;
 15 – 16 [Swivel to Pickup (SS; SS)] Recover back L allowing Woman to swivel to SCP, -, thru R toward DC, -; Side L, -, close R to L to end in CP facing DC, -;
 [W: Forward R outside partner then swivel RF on ball of R to SCP, -, thru L, -; Side R picking up, -, close L to R end in CP, -;]
 15 – 16 [Whaletail (QQQQ; QQQQ)] Second time through Part A, dance: Back and across L, side R, forward L with L side leading, lock R XIB of L [W: lock L XIF of R]; Side and forward L, close R to L, back L in CBJO, close R to L lowering to CP facing DC;

Part B

1 – 17 Double Reverse Spin; -, -, Closed Telemark; ; Manuver, -, Side, Close; Pivot, -, Running Right Turn; ; Running Finish; Forward, -, Forward, Lock; Forward, -, Manuver, -; Side, Close, Tipple Chasse Right; ; Forward, Lock, Forward, -; Quick Closed Wing; Cross Swivel, -, Point, -; Check, -, Hesitation Change; ;

- 1 – 1+ [Double Reverse Spin (SS; H)] Forward L towards DC and blending to CP rising commence LF turn, -, side around partner R [W: heel turn] now backing LOD, -; Spin LF on ball of R lowering at end of turn to end in CP facing DC, -,
 [W: (SS; QQ) Back R toe to heel and nearly straighten legs leaving feet flat, -, close L to R and turn on heel of R to face LOD then transfer weight to the flat of the L foot, -; Continue LF turn side R toe pointing COH body tracking Man's turn /continue LF turn step L XIF of R toe heel, -;]

- 1+ – 3 [Open Telemark (S; SS)] Forward L rising commence LF turn, -; Side and around partner R [W: heel turn] now backing LOD, -, continue LF turn side and forward L toward DW left side leading turning to CBJO, -;
 [W: Back R toe to heel and nearly straighten legs leaving feet flat, -; Close L to R and turn on heel of R to face DW then transfer weight to the flat of the L foot, -, continue LF turn step side and back R, -;]
- 4 [Manuver (SQQ)] Forward R in CBJO, -, side L turning to face RLOD in CP, close R to L;
- 5 – 6 [Pivot to Running Right Turn (SS; SS)] Back L pivot RF 3/8, -, forward R down LOD rising and between partner's feet rising strongly, -; Forward & around L continue RF turn, -, back R with R side leading, -;
 [W: Forward R between partner's feet commence RF pivot 3/8, -, continue RF turn back and slightly across LOD side L standing up to partner but leaving heel on floor, -; Close R to L (heel turn), -, continue RF turn forward L toward LOD ball flat, -;]
- 7 [Running Finish (SQQ)] Back L partner outside commence RF turn, -, side and forward R down LOD between partner's feet, swinging L side forward step forward L to end in CBJO moving down LOD;
- 8 – 8+ [Forward Lock Step (SQQ; S)] Forward R outside partner, -, forward L, lock R XIB of L [W: lock L XIF of R]; Forward L still in CBJO, -;
- 9+ – 10+ [Manuver (S; QQ)] Forward R in CBJO, -; Side L turning to face RLOD in CP, close R to L,
- 10+ – 11 [Tipple Chasse (S; QQS)] Back L commence RF turn, -; Side R toward LOD, close L to R continue RF turn, side R ball with soft knee now facing LOD, -;
- 12 [Forward Lock (QQS)] Forward L with L side leading, lock R XIB of L [W: lock L XIF of R], forward L still in CBJO;
- 13 [Quick Closed Wing (QQS)] Forward R in CBJO and hold leading Woman to Contra SCAR;
 [W: Back L in CBJO, side R small step passing through CP, forward L small step in Contra SCAR checking, -;]
- 14 – 14+ [Cross Swivel Check (SS; S)] Forward L in Contra SCAR then swivel LF on ball of L turning individually to CBJO facing DCR, -, point R to side, -; Forward R in CBJO checking, -;
- 14+ – 16 [Hesitation Change (S; SS)] Back L commence RF turn no rise, -; Side R blending to CP facing DC, -, draw L to R, -;

Part C

- 17 – 32 Open Telemark with Back Kick; ; Chasse; -, -, Manuver, -; Side, Close; Spin Turn; ; V-6; ; Forward, -, Forward, Lock; Forward, -, Manuver, -; Side, Close, Hesitation Change; ; Reverse Pivot; Side to Knee Lift; Barrel Roll to SCP; ;**
- 17 – 18 [Open Telemark w/ Kick (SS; SS)] Forward L rising commence LF turn, -, side and around partner R [W: heel turn] now backing LOD, -; Continue LF turn side and forward L toward DW left side leading turning to SCP, -, raise R leg and gently kick back while looking slightly over R shoulder at foot, -;
 [W: Back R toe to heel and nearly straighten legs leaving feet flat, -, close L to R and turn on heel of R to face DW then transfer weight to the flat of the L foot, -; Continue LF turn step side and forward R towards DW right side leading in SCP, -, raise L leg and gently kick back while looking over L shoulder at foot, -;]
- 19 – 20+ [Chasse (SQQ; S)] Thru R, -, side L, close R to L; Side and forward L in CBJO;
- 20+ – 21+ [Manuver (S; QQ)] Forward R in CBJO, -; Side L turning to face RLOD in CP, close R to L,
- 21+ – 22 [Spin Turn (S; SS)] Back L pivot 3/8, -; ; Forward R down LOD between partner's feet heel to toe and leaving L extended back, -, side and back L backing DC, -;
 [W: Forward R between partner's feet pivot 3/8, -; Continue RF turn step back and slightly side across the LOD L rising brush R to L, -, side and forward R between partner's feet to end in CP facing DC, -;]
- 23 – 24 [V-6 (QQS; SQQ)] Back R right side leading, lock L XIF of R [W: lock R XIB of L], back R, -; Back L partner outside in CBJO, -, back L blending to CP, side and forward L toward DW;
- 25 – 25+ [Forward Lock Step (SQQ; S)] Forward R outside partner, -, forward L, lock R XIB of L [W: lock L XIF of R]; Forward L still in CBJO, -;
- 26+ – 27+ [Manuver (S; QQ)] Forward R in CBJO, -; Side L turning to face RLOD in CP, close R to L,
- 27+ – 28 [Hesitation Change (S; SS)] Back L commence RF turn no rise, -; Side R to face DC, -, draw L to R, -;
- 29 – 30 [Reverse Pivot to Knee (SS; SS)] Forward L rising commence LF turn, -, side and around partner R [W: heel turn] now backing LOD, lower to flat of R foot; Turning to face WALL side L then rise leaving R pointed and sway slightly R, hold position;
 [W: Back R toe to heel and nearly straighten legs leaving feet flat, -, close L to R and turn on heel of R to face DW then transfer weight to the flat of the L foot, -; Continue LF turn step side R, -, swaying slightly L raise L foot near R knee and hold, -;]
- 31 – 32 [Barrel Roll (SS; SS)] Recovering to CP pivot towards RLOD R, -, L, -; Side R rising, -, turning to SCP side and forward L down LOD, -;

33 – 48 Thru, -, Quick Chasse; Thru, Hop, Slide; -, -, Curving Chasse 6; ; Manuver, -, Side, Close; Running Finish; Manuver, -, Side, Close; Running Finish; Manuver, -, Side, Close; Pivot SQQ; to Slide; Woodpecker Taps (4); Pendulums (4); Slide, -, -, Close; Swivel 4 to American Spin; ;

- 33 [Quick Chasse (SQ&Q)] Thru R, -, turning to face partner side L / close R to L, side and forward L in SCP facing LOD;
- 34 – 36 [Hop to Slide and Chasse 6 (S&S; HQQ; QQQQ)] Thru R, - / hop gently on R, side L blending to CP and sliding commencing RF turn, -; Continue slide to turning to face RLOD in CP and swaying slightly to R, -, curving to R step side R, close L to R; Continue curve side R, close L to R, side R, close L to R to face DW in CP;
- 37 [Manuver (SQQ)] Forward R between ptr's feet commence RF turn, -, side L turning to face RLOD in CP, close R to L;
- 38 [Running Finish (SQQ)] Back L commence RF turn, -, side and forward R down LOD between partner's feet, swinging L side forward step forward L to end in CBJO moving down LOD;
- 39 – 41 Repeat previous measures to end in CP backing LOD.
- 42 [Pivot (SQQ)] Pivot RF L, -, R, L turning just over one full turn and lower at end of pivot;
- 43 [Slide (SH)] Side R down LOD and slide drawing L to R;
- 44 [Woodpeckers (QQQQ)] Tap toes of the L foot on the floor behind the R foot 4 times.
- 45 [Pendulums (QQQQ)] Close L to R and point R to side, close R to L and point L to side, close L to R and point R to side, close R to L and point L to side;
- 46 [Slide Close (SS)] Slide side L towards DC, -, close R to L to end in loose CP facing DW, -;
- 47 – 48 [Swivels to American Spin (QQQQ; QQQQ)] Standing on both feet swivel slightly apart, together, apart together; Man releases Woman and continues to swivel 4 more times while Woman does on full RF turn in 4 beats to end in loose CP facing DW;

Part C

1 – 16 Change Places R to L; -, -, Change Places L to R to Face; ; Change Hands Behind The Back; -, -, Change Places L to R to Face; ; Whip to Throwout; ; Stop and Go with Double Stop; ; ; Link Rock to SCP; -, -, Rock, Recover; Kick, Step, Kick, Face; Kick, Step, Thru Check; Walk, Quick Pickup, Side, Close;

- 1 – 3 [Change of Places (QQS; S QQ; SS)] In loose CP rock back in SCP L, recover R raising joined lead hands, small step side L, -; Small step side R turning to face DC now in Left Open Facing Position, -, rock apart L, recover R raising joined lead hands; Small step side L, -, small step side R to end in Left Open Facing Position facing WALL, -;
- [W: Rock back R, recover L, forward R passing under lead hands then turn RF to face DWR, -; Small step L to face partner, -, rock apart R, recover L; Forward R passing under lead hands then turn LF to face COH, -, small step L to face partner, -;]
- 4 – 6 [Change Hands Behind Back, Change Places (QQS; S QQ; SS)] Rock apart L, recover R, close L to R turning to face LOD and taking Woman's R hand and placing it in your R hand then passing your R hand behind your back, -; Small step side R taking Woman's R hand into your L hand and turning to face COH and partner, -, rock apart L, recover R raising joined lead hands; Small step side L, -, small step side R to end in Left Open Facing Position facing LOD, -;
- [W: Rock back R, recover L, forward R passing behind Man, -; Side L turning to face WALL, -, rock apart R, recover L; Forward R passing under lead hands then turn LF to face RLOD, -, small step L to face partner, -;]
- 7 – 8 [Whip w/ Throwout (QQS; QQS)] Rock apart L, recover R blend to loose CP, side and around L turning RF to face DWR, -; Hook R behind L, turning RF unhook side L to face COH, continue RF turn side R to face RLOD in LOP facing, -;
- [W: Rock apart R, recover L, forward R turning with Man in CP, -; Side L around Man, R XIF of L still turning, side and back L to end in LOP facing Man and RLOD-, ;]
- 9 – 11 [Stop and Go w/ Double Stop (QQS; QQQQ; QQS;)] Rock apart L, recover R raising lead hands, forward L catching Woman's back with R hand, -; Rock forward R, recover L, rock back R, recover L; Rock forward R, recover L, back R, -;
- [W: Rock apart R, recover L, turning LF under lead hands to face LOD forward R, -; Rock back L, recover R, rock forward L, recover R; Rock back L, recover R, forward L turning RF under lead hands to face partner, -;]
- 12 – 13+ [Link Rock to Semi (QQS; S)] Rock apart L, recover R, side L, -; Side R blending to loose SCP facing LOD, -;
- 13+ – 15 [Danger Kicks (QQ; QQQQ; QQS;)] Rock back L, recover R, kick L forward in SCP, step L, kick thru R in SCP, step R turning to face partner and WALL; Kick L, step L turning back to SCP \ LOD, check thru R, -;
- 16 [Quick Pickup in 4 (QQQQ)] Side L in SCP, thru R, side L turning to face DC, close R to L ending in CP facing DC;

Ending

1 – 10 Quick Chasse; Thru Hop, Slide; Draw, Close; Change Places R to L; -, -, Change Places L to R to Face; ; Whip to Throwout; ; Apart, Point.

- 1 – 10 Dance as described, slowing down to stay with music on the Whip.