

# Scratch This

Count: 32

Wand: 4

Ebene: Intermediate line/contra dance

Choreograf/in: Guyton Mundy (USA)

Musik: The Itch - Vitamin C



## MAMBO, STEP, 1 ¼ TURN, STEP, TOUCH

- 1&2 Step forward on right, step together with left, step back on right  
3&4 Step back on left, step together with right, step forward on left  
5-6 Step forward on right, make a ½ turn to the left, keeping weight on left  
7-8 Continue making a ¾ turn to the left ending with weight on right, touch left to left side

## SAILOR, SHUFFLE LOCKS, STEP BEHIND, ½ TURN, COASTER

- 1&2 Step left behind right, step together with the right, step forward on left  
3&4 Lock right behind left, step forward on left, lock right behind left  
5-6 Step back on left, make a ½ turn to the left, keeping weight on right  
7&8 Step left behind right, step together with right, step forward on left

## TOE TOUCHES, STEP SLIDE, BODY POPS

- 1&2& Touch right to right side, step together with right, touch left to left side, step together with left  
3&4 Touch right forward, step together with right, step forward on left  
5 Slide right to left while bringing hands up to chest with palms down, elbows are out to the sides  
& Extend arms strait down in front of body, wrist should be bent with palms facing the ground  
6 Spread knees apart while taking hands out with the knees  
& Bring knees together while bringing hands back in  
7 Bring hands up to head, with palms facing each other, fingertips will be pointing up  
& Turn head to the left while turning hands the same way  
8 Bring head back forward while turning hands back to neutral in front of face (neutral is count 7)

Drop hands on count 1 of the next 8 counts

## MAMBO, ½ TURN COASTER, SHOULDER POPS, SLIDE TOGETHER

- 1&2 Step forward on right, together with left, back on right  
3-4 Step back on left, do ½ turn to the left (keeping weight on right)  
5&6 Step behind left, together with right, out to left side with left  
7&8 Shrug shoulders left-right, slide feet together

REPEAT