

This Old Skin

Compte: 64

Mur: 4

Niveau: Intermediate



Chorégraphe: Paula Goodwin

Musique: This Old Skin - The Beautiful South

STEP, HOLD, LEFT SHUFFLE, ¼ LEFT STEPPING RIGHT FOOT TO RIGHT SIDE, HOLD, ROCK BACK, FORWARD

- 1-2 Step right foot forward, hold
- 3&4 Shuffle forward stepping left, right, left
- 5-6 Step right foot to right side turning ¼ left, hold
- 7-8 Rock back on left, forward on right

STEP, HOLD, RIGHT SHUFFLE, ¼ RIGHT STEPPING LEFT FOOT TO LEFT SIDE, BEHIND SIDE CROSS

- 9-10 Step left foot forward, hold
- 11&12 Shuffle forward stepping right, left, right
- 13-14 Step left foot to right side turning ¼ right, hold
- 15&16 Step right foot behind, step left foot to left side, cross right foot in front of left

¾ TURN RIGHT, LEFT SHUFFLE, TOE TOUCHES, ROCK FORWARD, BACK

- 17-18 Turn ¾ right stepping left, right
- 19&20 Shuffle forward stepping left, right, left
- 21& Touch right toe forward, step right foot in place
- 22& Touch left toe forward, step left foot in place
- 23-24 Rock forward on right, back onto left

RIGHT SAILOR, LEFT SAILOR WITH ¼ TURN LEFT, STEP ½ TURN, WALK FORWARD RIGHT, LEFT

- 25&26 Cross right behind left, step left foot to left side, step right foot to right side
- 27&28 Cross left foot behind right, step right foot to right side, step left foot to left side turning ¼ turn left
- 29-30 Step right foot forward, pivot ½ turn left
- 31-32 Walk forward right, left

CROSS BACK, SIDE SHUFFLE WITH ¼ TURN RIGHT, ½ TURN RIGHT WITH LEFT TOE STRUT BACK, ROCK BACK, FORWARD

- 33-34 Cross right foot over left, step back onto left
- 35&36 Step right foot to right side, step left foot beside right, step right foot to right side turning ¼ turn right
- 37-38 Turn ½ turn right touching left toe back, step left heel down
- 39-40 Rock back on right foot, forward onto left

CROSS BACK, RIGHT LOCK STEP BACK, ROCK BACK, FORWARD, WALK FORWARD LEFT, RIGHT

- 41-42 Cross right foot over left, step back onto left
- 43&44 Step back on right, lock left foot in front of right, step back on right
- 45-46 Rock back on left foot, forward onto right
- 47-48 Walk forward left, right

Restart here on the 4th wall (facing 12:00). Step onto left on the & count and start again stepping forward on right

¼ MONTEREY TURN LEFT, HEEL SWITCHES, ½ MONTEREY TURN RIGHT, TOE TOUCHES

- 49-50 Touch left toe to left side, turn ¼ turn left stepping left foot beside right
- 51& Touch right heel forward, step right beside left
- 52& Touch left heel forward, step left foot beside right

53-54 Touch right toe to right side, turn ½ turn right stepping right foot beside left
5&56 Touch left toe to left side, step left foot beside right, touch right toe to right side

CROSS, BACK, ¼ TURN RIGHT, HOLD, CROSS, BACK, ½ TURN LEFT

57-58 Cross right foot over left, step back onto left
59-60 Step right foot to right side turning ¼ turn right, hold
61-62 Cross left foot over right, step back onto right (starting to turn to the left)
63-64 Turn ½ turn to the left stepping forward onto left, hold

REPEAT

TAG

Following 1st wall (9:00) and 2nd wall (6:00) and 5th wall (9:00)

SIDE TOUCH, SIDE TOUCH

1-2 Step right foot to right side, touch left toe beside right
3-4 Step left foot to left side, touch right toe beside left

RESTART

On the 4th wall following step 48 (walk forward left right) step onto left on the & count so you can start again stepping forward on right foot (12:00 wall)
