

Skippin'

拍数: 32 墙数: 2 级数: Improver
编舞者: Jan Wyllie (AUS) - November 2007
音乐: My Heart Skips a Beat - Dwight Yoakam : (CD: Dwight Sings Buck)



SCUFF HITCH STEP BACK, COASTER STEP, SCUFF HITCH STEP BACK, COASTER STEP

- 1&2 Scuff right forward, little hop on left as you hitch right (or just lift left heel up and down), step back on right
- 3&4 Step back on left, step right beside left, step forward on left
- 5&6 Scuff right forward, little hop on left as you hitch right (or just lift left heel up and down), step back on right
- 7&8 Step back on left, step right beside left, step forward on left (coaster)

STEP LOCK STEP, STEP LOCK STEP, RIGHT CHARLESTON, 1/4 COASTER STEP

- 9&10 Step forward on right, lock/step left behind right, step forward on right
- 11&12 Step forward on left, lock/step right behind left, step forward on left
- 13&14 Touch right toe forward, sweep right back, step back on right (Charleston)
- 15&16 Step back on left making 1/4 left, step right beside left, step forward on left (1/4 coaster)

HEEL TOE HEEL, ROCK BACK & FORWARD, HEEL TOE HEEL, ROCK BACK & FORWARD

- 17&18 Touch right heel forward, touch right toe across left, touch right heel forward
- 19&20 Rock back on right, rock forward on left, step forward on right
- 21&22 Touch left heel forward, touch left toe across right, touch left heel forward
- 23&24 Rock back on left, rock forward on right, step forward on left

ROCK FORWARD & BACK, 1/2 SHUFFLE, 1/2 SHUFFLE, 1/4 SHUFFLE

- 25&26 Rock forward on right, rock back on left, step back on right
- 27&28 Making 1/2 left shuffle forward left, right, left
- 29&30 Making 1/2 left shuffle back right, left, right
- 31&32 Making 1/4 left shuffle to left side and step slightly forward on last step

Harder alternative for the last 4 counts:

- &29 Skip 1/2 (hop on left while turning 1/2 left, step back on right)
- &30 Skip 1/2 (hop on right while turning 1/2 left, step forward on left)
- &31 Skip 1/2 (hop on left while turning 1/2 left, step back on right)
- &32 Skip 1/4 (hop on right while turning 1/4 left, step left to left)

Begin again.