

Under My Skin

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Craig Bennett (UK) - June 2011
音乐: Under My Skin (Club Remix) - Sarah Connor : (3:07)



[1-8] Kick out, out, Cross side, Sailor 1/4, Rock 1/2 turn

1&2 Kick right forward, Step right to right side, Step left to left side
&3-4 Step right next to left, Cross left over right, Step right to right side
5&6 Step left behind right, Make 1/4 turn left stepping right to side, step left to left side
7&8 Rock forward onto right, Recover onto left, Make 1/2 turn stepping forward onto right

[9-16] Step lock, and Step lock, Walk around 1/2 turn left

1-2 & Step left to left diagonal, lock right behind, Step left to left diagonal
3-4& Step right to right diagonal, Lock left behind, Step right to right diagonal
5-6 1/4 turn left stepping forward left, Step forward onto right
7-8 1/4 turn left stepping forward left, Step forward onto right

[17-24] Rock recover, Behind 1/4 step, Step 1/2 step, Rock and back

1-2 Rock left to left side, Recover onto right
3&4 Step left behind right, Make 1/4 turn right stepping forward onto right, Step forward left
5&6 Step forward onto right, Make 1/2 turn left, Step forward onto right
7-8 Rock forward onto left, Recover back onto right

[25- 32] Back point, Change point, 1/2 turn, Right side shuffle

1-2 Step back left, Point right to right side
&3&4 Step right next to left, Point left to left side, Step left next to right, Point right to right side
5-6 Make 1/2 turn right stepping forward onto right, Step left to left side
7&8 Step right to right, Step left next to right, step right to right side

[33-40] Left cross back, Right cross back, Step 1/2 turn, 1/2 1/4 side

1-2& Cross left over right, Step back onto right, Step left to left side
3-4& Cross right over left, Step back onto left, Step right to right side
5-6 Step forward left, Make 1/2 turn right
7&8 Step forward onto left, Make 1/2 turn left stepping back onto right, 1/4 turn left stepping left to left side

[41-48] Rock back side, Rock back side, Coaster step, Step

&1-2& Step right next to left, Step left to left side, Rock back onto right, Recover onto left
3 Step right to right side
4&5 Rock back onto left, Recover onto right, Step left to left side
6&7 Step back right, Step left next to right, Step right forward
8 Step forward left (taking weight)

Start again

Contact: Website www.craigbennett.co.uk - email to: Craig.b69@msn.com