

Skip To The Good Bit

COPPERKNOB
BY STEPHEN HETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Tina Summerfield (UK) - September 2013
音乐: Skip To the Good Bit - Rizzle Kicks : (Album: Roaring 20's - Single - iTunes)



2 Restarts: Restart 1: Wall 3 after 16 counts -Restart 2: Wall 5 after 48 counts

16 count intro

Section 1: Walk forward x2, Kick Close, Side rock, Recover Kick, Close, Side rock, Recover, Jazz box

1-2 Walk forward on right, walk forward on left
3&4& Kick right forward, close right beside left, rock left to left side, recover to right
5&6& Kick left forward, close left beside right, rock right to right side, recover to left
7&8 Cross right over left, step left back, step right to right side

Section 2: Cross, Unwind ½ turn, Coaster step, Forward mambo, Back rock

1-2 Cross left over right, unwind ½ turn right (weight finishes on left) (6.00)
3&4 Step right back, close left beside right, step right forward
5&6 Rock forward on left, recover to right, step left back
7-8 Rock back on right, recover to left

Restart 1: Wall 3 Restart dance facing 6.00

Section 3: Step forward, Touch behind, Heel jack, Close, Touch, Back rock, Recover, ½ Pivot, Step forward

1-2 Step right forward, touch left behind right
&3&4 Step left back, touch right heel forward, close right beside left, touch left beside right
5-6 Rock back on left (Look to left), recover to right
7&8 Step left forward, pivot ½ turn right, step left forward (12.00)

Section 4: Step forward, Hold, Ball step, Touch Heel jack, Close, Touch, Back rock, Recover

1-2 Step right forward, hold
&3-4 Close left beside right, step right forward, touch left behind right
&5&6 Step left back, touch right heel forward, close right beside left, touch left beside right
7-8 Rock back on left (Look to left), recover to right

Section 5: ¼ Pivot, Cross, Step side, Touch, Step side, Touch, Ball cross, Ball cross

1&2 Step left forward, pivot ¼ turn right, cross left over right (3.00)
3-4 Step right to right side with slight dip, touch left to left diagonal
5-6 Step left to left side with slight dip, touch right to right diagonal
&7&8 Step ball of right behind left, cross left over right, step ball of right behind left, cross left over right

Section 6: ¼ Turn left, ½ Turn left, Shuffle ½ turn left, Coaster step, Out, Out

1-2 Making ¼ turn left step right back, making ½ turn left step left forward (6.00)
3&4 Making ½ turn left step back on right, close left beside right, step back on right (12.00)
5&6 Step left back, step right back beside left, step left forward
&7-8 Jump right out to right side, jump left out to left side, hold

(Optional arms on counts &7- 8 &7- Circle fists inwards chest height full circle with elbows pointing to side, 8 – push right elbow to right, stretch left arm to left side and point index finger)

Restart 2: Wall 5 restart dance facing 12.00

Section7: Samba step x2, Cross, Side, Behind, ¼ Turn, Pivot ½ turn

1&2 Cross right over left, rock left to left side, recover to right
3&4 Cross left over right, rock right to right side, recover to left

5&6 Cross right over left, step left to left side, step right behind left
7&8 Making $\frac{1}{4}$ turn left, step left forward, step right forward, pivot $\frac{1}{2}$ turn left (3.00)

Section 8: Cross rock, Recover, $\frac{1}{4}$ Turn, Cross rock, Recover, Side rock, Recover, Step back with Sweep, Step Back with Sweep, Step back, Back rock, Recover

1&2 Cross rock right over left, recover to left, making $\frac{1}{4}$ turn right step right forward (6.00)
3&4& Cross rock left over right, recover to right, rock left to left side, recover to right
5-6 Step left back sweeping right, Step back on right sweeping left back
7-8& Step left back, rock back on right, recover to left

Ending: Dance finishes at the end of Wall 6 : Cross right over left, unwind $\frac{1}{2}$ turn left to face front .

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