

Skip

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Pooi Kuan (MY) - September 2016
音樂: Skip - Tahiti



Dance starts after 16 counts of heavy beats.

Section 1: □Walk, Walk, Touch, Touch, Swipe Back, Hands Movement, Weight Transfer

1 2 3 4 Walk On RF, LF, Touch RF to R, Touch RF beside LF,
5 6 Swipe RF from side (5) step back (6),
7 8 Place R hand forward, place L hand forward and transfer weight from RF to LF

Section 2: □Mash Potato (double, double, single 4x)

1&2& Step RF Forward Swivel both heel in, out, in, out
3&4& Step RF Back Swivel both heel in, out, in, out
5&6& Step RF Forward Swivel both heel in, out, Step RF Back Swivel both heel in, out
7&8& Step RF Forward Swivel both heel in, out, Step RF Back Swivel both heel in, out

Section 3: □Swivel to R , Swivel to L

1&2&3&4 Swivel both heel to R (1,2,3,4), swivel both toes to R(&)
5&6&7&8 Swivel both heel to L (5,6,7,8), swivel both toes to L(&)

Section 4: □Small Rolling Vine, Out Out In In

1 2 3 4 Small rolling vine on R,L,R, Step LF together
5 6 7 8 Step RF diagonally out, Step LF to L, Step RF back in place, Step LF beside

Restart here on wall 5 after 32 counts

Section 5: □Modified Jazz Box 2x

1 2 3 4 Cross RF over LF, Cross LF over RF, Step RF back, Step LF to L
5 6 7 8 Cross RF over LF, Cross LF over RF, Step RF back, Step LF to L

Section 6: □Chest Out & In, Sway 4x

1&2&3&4 Touch RF to side and do a body movement:-
Chest out (1) in (&), Butt out (2) in (&), Chest out (3) in (&) Butt out (4)
5 6 7 8 Step RF together and sway hip R,L,R,L

Section 7: □Forward Shuffle, Rock Recover, Back shuffle, Rock Recover

1&2 3 4 Forward shuffle on RF,LF,RF, Rock LF Forward recover on RF,
5&6 7 8 Back Shuffle on LF,RF,LF, Rock RF Back recover on LF

Section 8: □Touch, Hold, ¼ R Turn Step Together, Hold, Mash Potato ¼Turn

1 2 3 4 Touch RF to R, Hold, 1/4R Turn Step RF beside LF, Hold (3:00)
5& Step RF Forward Swivel both heel in, out,
6& 1/4R turn Step RF Back Swivel both heel in, out (6:00)
7&8& Step RF Forward Swivel both heel in, out, Step RF Back Swivel both heel in, out

Tag: 4 counts

*1st Tag – After Wall 2,

**2nd Tag - After Wall 5 - 32counts Do A Tag And Restart The Dance

**3rd Tag - After Wall 6 Do A Tag As An Ending

1 2 3 4 Cross RF over LF, Unwind ½ turn Left, Shimmy, Hands Up

Enjoy....

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