

# Skip the Rope

拍數: 32      牆數: 4      級數: Beginner  
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音樂: Skip a Rope - Joe Tex



## [1 – 8] Hook forward – Hook Back X 2

1 – 2      Rock forward right foot -hook left leg behind right knee  
3 – 4      Rock left foot back - hook right foot forward left knee  
5 – 6      Rock forward right foot -hook left leg behind right knee  
7 – 8      Rock left foot back - hook right foot forward left knee

## [9 – 16] Shuffle Right Forward - Shuffle Left Forward – Rock Step forward – Full Turn

1&2      Shuffle right: Step Right forward, step left behind right, step right forward  
3&4      Shuffle Left: Step Left forward, step right behind left, step left forward  
5 – 6      Rock forward right foot, return left foot  
7 – 8      Full turn back step with right foot and step with left foot

## [17 – 24] Rock Back right foot – Rock Forward Left foot x 3 – Touch Toe

1 – 2      Rock Back right foot Rock Forward Left foot  
3 – 4      Rock Back right foot Rock Forward Left foot  
5 – 6      Rock Back right foot Rock Forward Left foot  
7 – 8      Touch toe of the right foot opening to the right side and cross in front of the left foot

## [25 – 32] Touch toe Left – Scuff / Hitch / ¼ turn- open side left close - Stomp x 2 right/left

1 – 2      Touch toe of the left foot opening to the left side and cross in front of the right foot  
3 – 4      Scuff - Hitch ¼ left turn Stomp  
5 – 6      Open and close to the left with left foot  
7 – 8      Stomp with right foot - Stomp with left foot

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