

Skin

拍數: 48 牆數: 2 級數: Phrased High Improver
編舞者: Ellen Fyrand (NOR) - May 2024
音樂: Skin - Rag'n'Bone Man



4 restarts

Dance Pattern: A 32 C - B 16 C - A 32 C - A 16 C - B 8 C - A 32 C - B 16 C - A 32 C - A 32 C - A 16 C - A 32 C - A 16 C - B 16 C

Intro: 32 Counts

Part A 32 Counts

Sec 1: R Dorothy Steps, L Dorothy Steps, FW Rock Step, Shuffle 1/2 Turn R

1-2& on R Diagonal Step FW on RF (1), Lock LF Behind (2), Step FW on RF (&) [1:30]
3-4& on L Diagonal Step FW on LF (3), Lock RF Behind (4), Step FW on LF (&) [10:30]
5-6 Rock FW on RF (5), Recover to LF (6) [12:00]
7&8 1/4 Turn R and Step RF to Side (7), Step LF Beside (&), 1/4 Turn R and Step FW on RF (8) [6:00]

Sec 2: L FW Rock Step, Shuffle 1/2 Turn L, Monterey Full Turn R

1-2 Rock FW on LF (1), Recover to RF (2)
3&4 1/4 Turn L and Step LF to Side (3), Step RF Beside (&), 1/4 Turn L and Step FW on LF (4) [12:00]
5-6 Point RF to Side (5), Full Turn R and Step RF Beside LF (6)
7-8 Point LF to Side (7), Cross LF Slightly in Front (8)

*Restart here on Wall 4 [12:00] - 10 [12:00] - 12 [6:00]

**Easy option/without the Turn: Point RF to Side (5), Close (6), Point LF to Side (7), Cross slightly in Front(8)

Sec 3: Side, Behind, Chassé, Cross Rock, 1/4 Turn L, 1/4 Turn L, Cross

1-2 Step RF to Side (1), Cross LF Behind (2)
3&4 Step RF to Side (3), Step LF Beside (&), Step RF to Side (4)
5-6 Cross Rock LF in Front (5), Recover to RF (6)
7& 1/4 Turn L and Step FW on LF (7) [9:00], 1/8 Turn L and Step FW on RF (&) [7:30]
8 1/8 Turn L and Cross LF in Front (8) [6:00]

Sec 4: Side, Behind, Chassé, Cross Rock, Chassé

1-2 Step RF to Side (1), Cross LF Behind (2)
3&4 Step RF to Side (3), Step LF Beside (&), Step RF to Side (4)
5-6 Cross Rock LF in Front (5), Recover to RF (6)
7&8 Step Lf to Side (7), Step RF Beside (&), Step LF to Side (8)

Part B 16 Counts

Sec 1: Side, Back Rock, Cross in Front, Side, Behind, 1/4 Turn L, Pivot 1/4 Turn L, Cross Shuffle

1-2& Step RF to Side (1), Rock Back on LF (2), Cross RF in Front (&)
3-4& Step LF to Side (3), Cross RF Behind (4), 1/4 Turn L and Step FW on LF (&)
5-6 Step FW on RF (5), 1/4 Turn L and Recover Weight to LF (6)
7&8 Cross RF in Front (7), Step LF to Side (&), Cross RF in Front (8)

* Restart here on Wall 5, With Step Change: Cross RF in Front (7), Step LF to Side (8) [6:00]

Sec 2: Side, Back Rock, Cross in Front, Side, Behind, 1/4 Turn R, Pivot 1/4 Turn R, Cross Shuffle

1-2& Step LF to Side (1), Rock Back on RF (2), Cross LF in Front (&)
3-4& Step RF to Side (3), Cross LF Behind (4), 1/4 Turn R and Step FW on RF (&)

5-6 Step FW on LF (5), 1/4 Turn R and Recover Weight to RF (6)
7&8 Cross LF in Front (7), Step RF to Side (&), Cross LF in Front (8)

Ending: The Dance ends on Back Wall with LF Crossed in Front, so just make 1/2 Turn R to face the Front Wall
