

Scratch This

拍數: 32 牆數: 4
編舞者: Guyton Mundy (USA)
音樂: The Itch - Vitamin C

級數: Intermediate line/contra dance



MAMBO, STEP, 1 ¼ TURN, STEP, TOUCH

- 1&2 Step forward on right, step together with left, step back on right
3&4 Step back on left, step together with right, step forward on left
5-6 Step forward on right, make a ½ turn to the left, keeping weight on left
7-8 Continue making a ¾ turn to the left ending with weight on right, touch left to left side

SAILOR, SHUFFLE LOCKS, STEP BEHIND, ½ TURN, COASTER

- 1&2 Step left behind right, step together with the right, step forward on left
3&4 Lock right behind left, step forward on left, lock right behind left
5-6 Step back on left, make a ½ turn to the left, keeping weight on right
7&8 Step left behind right, step together with right, step forward on left

TOE TOUCHES, STEP SLIDE, BODY POPS

- 1&2& Touch right to right side, step together with right, touch left to left side, step together with left
3&4 Touch right forward, step together with right, step forward on left
5 Slide right to left while bringing hands up to chest with palms down, elbows are out to the sides
& Extend arms strait down in front of body, wrist should be bent with palms facing the ground
6 Spread knees apart while taking hands out with the knees
& Bring knees together while bringing hands back in
7 Bring hands up to head, with palms facing each other, fingertips will be pointing up
& Turn head to the left while turning hands the same way
8 Bring head back forward while turning hands back to neutral in front of face (neutral is count 7)

Drop hands on count 1 of the next 8 counts

MAMBO, ½ TURN COASTER, SHOULDER POPS, SLIDE TOGETHER

- 1&2 Step forward on right, together with left, back on right
3-4 Step back on left, do ½ turn to the left (keeping weight on right)
5&6 Step behind left, together with right, out to left side with left
7&8 Shrug shoulders left-right, slide feet together

REPEAT