

# 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