

Skinless

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Ed Lawton (UK)
音樂: Rock DJ - Robbie Williams



TOE HEEL LUNGE SLIDE ¼ TURN KICK CROSS BACK TWICE

1&2 Twist right toe to right, twist right heel to right, twist right toe to right as you lunge to right
Right knee is bent left leg is straight
3-4 Push weight on to left as you slide right to left, making a ¼ turn right, touching right to left
5&6& Kick right forward, step right across left, step back on left, step back on right
7&8& Kick left forward, step left across right, step back on right, step back on left.

WALK, WALK, SHUFFLE. ½ TURN COASTER ¼ TURN TOUCH TWICE SLIDE

9-10 Walk forward on right, left
11&12 Shuffle forward on right left right, making a ½ turn left
13&14 Step back on left, step right next to left, step forward on left making ¼ turn left
15&16 Touch right toe to right, touch right next to left, slide step right to right side

SAILOR STEP TWICE TOUCH ½ TURN HEEL TWIST ½ TURN

17&18 Sailor step on left, right, left
19&20 Sailor step on right, left, right
21-22 Touch left toe back, make a ½ turn left
23&24 Twist heels left, right, left making a ½ turn right (weight finishes on left)

KICK, CROSS, SHUFFLE, COASTER STEP, TOUCH ¼ TURN, TOUCH ½ TURN

25&26 Kick right foot forward, step back on to right foot, crossing left over right
27&28 Step back right, close left beside right, step back right
29&30 Step back left, step right beside left, step forward left
&31 Touch right toe to right, turning ¼ to left on left foot
&32 Touch right toe next to left, turning ½ turn on left foot

REPEAT
