Skinny Dippin'



拍數: 32 牆數: 4 級數: Beginner

編舞者: Dougie Laing (UK)

音樂: Skinny Dippin' - Lee Kernaghan



FORWARD TOE TOUCHES

Dip your toes in the water to see what it's like

1-2 Touch left toe forward, step left back in place3-4 Touch right toe forward, step right back in place

5-8 Repeat steps 1 - 4

SHOULDER ROLLS

Get your kit off

9-10 Roll right shoulder from front to back11-12 Roll left shoulder from front to back

JUMP FORWARD AND BACK

Jump in ...brrr!! Jump out quick

&13 Jump forward with both feet landing right then left

14 Hold and clap

&15 Jump back with both feet landing right then left

16 Hold and clap

JUMP FORWARD X4

Jump in again & splash about. Penguin steps

Long forward landing feet right then left

JUMP OUT, JUMP ACROSS (REPEAT)

Keep on splashin' around

21-22 Jump feet apart, jump crossing right foot over left 23-24 Jump feet apart, jump crossing right foot behind left

RIGHT GRAPEVINE, LEFT GRAPEVINE WITH 1/4 TURN LEFT

Hey this feels good - swim up and down

25-26 Step right to right side, step left behind right
27-28 Step right to right side, scuff left beside right
29-30 Step left to left side, cross right behind left
31-32 Step left ½ turn left, step right beside left

Option: steps 25 - 32 can be replaced with rolling vines

REPEAT