

This Old Skin

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Paula Goodwin
音樂: This Old Skin - The Beautiful South



STEP, HOLD, LEFT SHUFFLE, ¼ LEFT STEPPING RIGHT FOOT TO RIGHT SIDE, HOLD, ROCK BACK, FORWARD

1-2 Step right foot forward, hold
3&4 Shuffle forward stepping left, right, left
5-6 Step right foot to right side turning ¼ left, hold
7-8 Rock back on left, forward on right

STEP, HOLD, RIGHT SHUFFLE, ¼ RIGHT STEPPING LEFT FOOT TO LEFT SIDE, BEHIND SIDE CROSS

9-10 Step left foot forward, hold
11&12 Shuffle forward stepping right, left, right
13-14 Step left foot to right side turning ¼ right, hold
15&16 Step right foot behind, step left foot to left side, cross right foot in front of left

¾ TURN RIGHT, LEFT SHUFFLE, TOE TOUCHES, ROCK FORWARD, BACK

17-18 Turn ¾ right stepping left, right
19&20 Shuffle forward stepping left, right, left
21& Touch right toe forward, step right foot in place
22& Touch left toe forward, step left foot in place
23-24 Rock forward on right, back onto left

RIGHT SAILOR, LEFT SAILOR WITH ¼ TURN LEFT, STEP ½ TURN, WALK FORWARD RIGHT, LEFT

25&26 Cross right behind left, step left foot to left side, step right foot to right side
27&28 Cross left foot behind right, step right foot to right side, step left foot to left side turning ¼ turn left
29-30 Step right foot forward, pivot ½ turn left
31-32 Walk forward right, left

CROSS BACK, SIDE SHUFFLE WITH ¼ TURN RIGHT, ½ TURN RIGHT WITH LEFT TOE STRUT BACK, ROCK BACK, FORWARD

33-34 Cross right foot over left, step back onto left
35&36 Step right foot to right side, step left foot beside right, step right foot to right side turning ¼ turn right
37-38 Turn ½ turn right touching left toe back, step left heel down
39-40 Rock back on right foot, forward onto left

CROSS BACK, RIGHT LOCK STEP BACK, ROCK BACK, FORWARD, WALK FORWARD LEFT, RIGHT

41-42 Cross right foot over left, step back onto left
43&44 Step back on right, lock left foot in front of right, step back on right
45-46 Rock back on left foot, forward onto right
47-48 Walk forward left, right

Restart here on the 4th wall (facing 12:00). Step onto left on the & count and start again stepping forward on right

¼ MONTEREY TURN LEFT, HEEL SWITCHES, ½ MONTEREY TURN RIGHT, TOE TOUCHES

49-50 Touch left toe to left side, turn ¼ turn left stepping left foot beside right
51& Touch right heel forward, step right beside left
52& Touch left heel forward, step left foot beside right

53-54 Touch right toe to right side, turn ½ turn right stepping right foot beside left
5&56 Touch left toe to left side, step left foot beside right, touch right toe to right side

CROSS, BACK, ¼ TURN RIGHT, HOLD, CROSS, BACK, ½ TURN LEFT

57-58 Cross right foot over left, step back onto left
59-60 Step right foot to right side turning ¼ turn right, hold
61-62 Cross left foot over right, step back onto right (starting to turn to the left)
63-64 Turn ½ turn to the left stepping forward onto left, hold

REPEAT

TAG

Following 1st wall (9:00) and 2nd wall (6:00) and 5th wall (9:00)

SIDE TOUCH, SIDE TOUCH

1-2 Step right foot to right side, touch left toe beside right
3-4 Step left foot to left side, touch right toe beside left

RESTART

On the 4th wall following step 48 (walk forward left right) step onto left on the & count so you can start again stepping forward on right foot (12:00 wall)
