

# This Old Skin

**COPPERKNOB**  
STEPSHEETS

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)

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