

Skinny Jeans

拍數: 32 牆數: 2 級數: Beginner / Improver
編舞者: Helen A. Walker (UK) - April 2010
音樂: Skinny Genes - Eliza Doolittle



This dance works to any swing music.

Begin with lyrics

S1: Step 1/2 turns traveling to the right side.

- 1 Step out right to right side.
- 2 Clap and hold
- 3 Pivot on ball of right foot to turn 1/2 right stepping down on left foot.
- 4 Clap and hold
- 5 Pivot on ball of left foot to turn 1/2 left stepping out on right foot.
- 6 Clap and hold
- 7 Left rock back weight on right
- 8 Recover

S2: Step 1/2 turns traveling to the left side.

- 1 Step out left to left side.
- 2 Clap and hold.
- 3 Pivot on the ball of left foot to turn 1/2 left stepping down on right foot.
- 4 Clap and hold
- 5 Pivot on ball of right foot to turn 1/2 right
- 6 Clap and hold
- 7 Right rock back
- 8 Recover weight on left

S3: Triples to the side and rock.

- 1&2 Right triple step to right side.
- 3 Left rock back
- 4 Recover weight on right
- 5&6 Left triple step to left side
- 7 Right rock back
- 8 Recover weight on left

S4: Rocking chair and walk

- 1 Right rock forward
- 2 Recover weight on left
- 3 Right rock back
- 4 Recover weight on left
- 5 Step right forward
- 6 Turn 1/2 left
- 7 Walk forward right
- 8 Walk forward left

START OVER and enjoy with a smile!

Helen A Walker E-mail dancer29045@yahoo.com

