|  |  |
| --- | --- |
| Skip To The Good Bit |  |

.

|  |
| --- |
| . |
| **Count:** | 64 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Tina Summerfield (UK) - September 2013 |
| **Music:** | Skip To the Good Bit - Rizzle Kicks : (Album: Roaring 20's - Single - iTunes) |
| . |

**2 Restarts: Restart 1: Wall 3 after 16 counts -Restart 2: Wall 5 after 48 counts**

**16 count intro**

**Section 1: Walk forward x2, Kick Close, Side rock, Recover Kick, Close, Side rock, Recover, Jazz box**

|  |  |
| --- | --- |
| 1-2 | Walk forward on right, walk forward on left |

|  |  |
| --- | --- |
| 3&4& | Kick right forward, close right beside left, rock left to left side, recover to right |

|  |  |
| --- | --- |
| 5&6& | Kick left forward, close left beside right, rock right to right side, recover to left |

|  |  |
| --- | --- |
| 7&8 | Cross right over left, step left back, step right to right side |

**Section 2: Cross, Unwind ½ turn, Coaster step, Forward mambo, Back rock**

|  |  |
| --- | --- |
| 1-2 | Cross left over right, unwind ½ turn right (weight finishes on left) (6.00) |

|  |  |
| --- | --- |
| 3&4 | Step right back, close left beside right, step right forward |

|  |  |
| --- | --- |
| 5&6 | Rock forward on left, recover to right, step left back |

|  |  |
| --- | --- |
| 7-8 | Rock back on right, recover to left |

**Restart 1: Wall 3 Restart dance facing 6.00**

**Section 3: Step forward, Touch behind, Heel jack, Close, Touch, Back rock, Recover, ½ Pivot, Step forward**

|  |  |
| --- | --- |
| 1-2 | Step right forward, touch left behind right |

|  |  |
| --- | --- |
| &3&4 | Step left back, touch right heel forward, close right beside left, touch left beside right |

|  |  |
| --- | --- |
| 5-6 | Rock back on left (Look to left),recover to right |

|  |  |
| --- | --- |
| 7&8 | Step left forward, pivot ½ turn right, step left forward (12.00) |

**Section 4: Step forward, Hold, Ball step, Touch Heel jack, Close, Touch, Back rock, Recover**

|  |  |
| --- | --- |
| 1-2 | Step right forward, hold |

|  |  |
| --- | --- |
| &3-4 | Close left beside right, step right forward, touch left behind right |

|  |  |
| --- | --- |
| &5&6 | Step left back, touch right heel forward, close right beside left, touch left beside right |

|  |  |
| --- | --- |
| 7-8 | Rock back on left (Look to left), recover to right |

**Section 5: ¼ Pivot, Cross, Step side, Touch, Step side, Touch, Ball cross, Ball cross**

|  |  |
| --- | --- |
| 1&2 | Step left forward, pivot ¼ turn right, cross left over right (3.00) |

|  |  |
| --- | --- |
| 3-4 | Step right to right side with slight dip, touch left to left diagonal |

|  |  |
| --- | --- |
| 5-6 | Step left to left side with slight dip, touch right to right diagonal |

|  |  |
| --- | --- |
| &7&8 | Step ball of right behind left, cross left over right, step ball of right behind left, cross left over right |

**Section 6: ¼ Turn left, ½ Turn left, Shuffle ½ turn left, Coaster step, Out, Out**

|  |  |
| --- | --- |
| 1-2 | Making ¼ turn left step right back, making ½ turn left step left forward (6.00) |

|  |  |
| --- | --- |
| 3&4 | Making ½ turn left step back on right, close left beside right, step back on right (12.00) |

|  |  |
| --- | --- |
| 5&6 | Step left back, step right back beside left, step left forward |

|  |  |
| --- | --- |
| &7-8 | Jump right out to right side, jump left out to left side, hold |

**(Optional arms on counts &7- 8 ....... &7- Circle fists inwards chest height full circle with elbows pointing to side, 8 – push right elbow to right, stretch left arm to left side and point index finger)**

**Restart 2: Wall 5 restart dance facing 12.00**

**Section7: Samba step x2, Cross, Side, Behind, ¼ Turn, Pivot ½ turn**

|  |  |
| --- | --- |
| 1&2 | Cross right over left, rock left to left side, recover to right |

|  |  |
| --- | --- |
| 3&4 | Cross left over right, rock right to right side, recover to left |

|  |  |
| --- | --- |
| 5&6 | Cross right over left, step left to left side, step right behind left |

|  |  |
| --- | --- |
| 7&8 | Making ¼ turn left, step left forward, step right forward, pivot ½ turn left (3.00) |

**Section 8: Cross rock, Recover, ¼ Turn, Cross rock, Recover, Side rock, Recover, Step back with Sweep, Step Back with Sweep, Step back, Back rock, Recover**

|  |  |
| --- | --- |
| 1&2 | Cross rock right over left, recover to left, making ¼ turn right step right forward (6.00) |

|  |  |
| --- | --- |
| 3&4& | Cross rock left over right, recover to right, rock left to left side, recover to right |

|  |  |
| --- | --- |
| 5-6 | Step left back sweeping right, Step back on right sweeping left back |

|  |  |
| --- | --- |
| 7-8& | Step left back, rock back on right, recover to left |

**Ending: Dance finishes at the end of Wall 6 : Cross right over left, unwind ½ turn left to face front .**

**Email: tinasummerfield@hotmail.co.uk**