

编舞者: Guyton Mundy (USA)

音乐: (She's Got) Skillz (Club Mix) - All-4-One



KICK, HITCH, STEP, 1/4 TURN SAILOR. KNEE SLAP, HAND MOTION

| 1&2 | Kick right leg forward, hitch right leg back across left, step forward on right |
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| 3&4 | While doing ¼ turn left, step left behind right, step together right, step forward left |

5&6 With hands out in front, left hand over right both palms facing down, hitch up right knee and

slap hands on knee; step forward on right, bring hands up in front of chest with arms

extended and open hands at wrist with left palm facing forward and right palm facing toward body; step left to left side, twist hands in to the right motion so left fingers are facing 3:00 and

right fingers are facing 9:00

7-8 Leaving left arm stationary, make ½ circle to the left with right arm ending with right hand

above left; make ½ circle to the right with right arm, ending with right hand below left

13 TURN WITH ARM MOVEMENT, COASTER, STEP, TRIPLE STEP WITH 14 TURN, TOE POINT

1-2 Pivot to the left on left leg ¾ while sweeping right hand around head to the left (starting at left

temple and ending on right side of neck)

3&4 Step back left, step together right, step forward left

5 Step forward on right

6&7 Rock forward left, recover back on right making ¼ turn left, continue ½ turn stepping back on

left

8 Touch right toe to right side

STEP, SCUFF, HITCH 1/2 TURN, ROCK/ RECOVER, SHUFFLE, FULL TURN

1 Step forward on right

2&3-4 Scuff left foot forward while making ¼ turn right, hitch left foot, rock down on left foot, recover

back on right while making 1/4 turn right

5&6 Shuffle forward left-right-left

7-8 Step right-left while making full turn to the left

TOE POINTS, 1/4 TURN, SCUFF WITH HITCH, ROCK/RECOVER, 1/4 TURN SAILOR

1&2 Point right toe forward, point right toe side, point right toe back behind left

3-4 Making a ¼ turn right step forward on right, hitch left leg up

5-6 Rock forward on left, recover back on right

7&8 Make ½ turn left while stepping behind with left, together with right, forward with left

HOLD WITH BODY POPS, SIDE STEPS, HOLD, SIDE STEPS

Hold while moving shoulders to the beat
Bring right foot to left, step left to left side
Hold while moving shoulders to the beat
Bring left foot to right, step right to right side

8 Hold

TOE POINTS, STEP BEHIND, COASTER WITH TOUCH, WALK BACKS, ½ TURN

| 1&2 | I ouch right toe forward, touch right toe to right side, step right behind left | |
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|-----|---|--|

3&4 Step left back, step together with right, touch left toe forward (ending with enough weight to

prepare for push off)

5-6 Walk back left-right

7-8 Touch left toe back, do ½ turn left ending by stepping on left foot