Skinny Dippin'



編舞者: Dougie Laing (UK)

音樂: Skinny Dippin' - Lee Kernaghan



FORWARD TOE TOUCHES

Dip your toes in the water to see what it's like

1-2 Touch left toe forward, step left back in place3-4 Touch right toe forward, step right back in place

5-8 Repeat steps 1 - 4

SHOULDER ROLLS

Get your kit off

9-10 Roll right shoulder from front to back11-12 Roll left shoulder from front to back

JUMP FORWARD AND BACK

Jump in ...brrr!! Jump out quick

&13 Jump forward with both feet landing right then left

14 Hold and clap

&15 Jump back with both feet landing right then left

16 Hold and clap

JUMP FORWARD X4

Jump in again & splash about. Penguin steps

3.17 Jump forward landing feet right then left
3.18 Jump forward landing feet right then left
3.19 Jump forward landing feet right then left
3.20 Jump forward landing feet right then left

JUMP OUT, JUMP ACROSS (REPEAT)

Keep on splashin' around

21-22 Jump feet apart, jump crossing right foot over left 23-24 Jump feet apart, jump crossing right foot behind left

RIGHT GRAPEVINE, LEFT GRAPEVINE WITH 1/4 TURN LEFT

Hey this feels good - swim up and down

25-26 Step right to right side, step left behind right
27-28 Step right to right side, scuff left beside right
29-30 Step left to left side, cross right behind left
31-32 Step left ¼ turn left, step right beside left

Option: steps 25 - 32 can be replaced with rolling vines

REPEAT