

Skippin'

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Count: — **Wall:** — **Level:** Phrased ABC Intermediate Hip-Hop

Choreographer: Amy Spencer, Roberto Corporan and Adam Berman

Music: Skippin' by Mario, on the "Go" Album

***NOTE* this choreography introduces the dancer to musicality - Do it like you feel it**

Part A

- 1-4** Glide L foot to L side, touch R next to L - Glide R foot to R side touch L next to R
- 5 6 7 & 8** Step L foot frwd, touch R behind L, lower R heel and unwind 1 1/4 turn to the R, lift and lower heel of L foot on & then hitch the R knee on 8
- 1&2 3&4** Triple step frwd R L R, triple again L R L
- 5 6** Sweep R foot around and make a 1/2 turn to L
- 7 & 8** Tap R toe forward, lift R knee then step back on R
- 1 2 3&4** Step back with L leg drag R, coaster step R L R
- 5 6** On ball of R foot Spin 3/4 to R
- 7&8** Rock out to L with L step down R, cross L over R
- 1** Step open R to R side
- 2** Arms are out from shoulder, bent at elbow hands up
- 3** Rotate arms from shoulder and drop hands down
- 4** Twist upper body to L and bring R hand in front of L shoulder
- 5 6 7 8 extend R arm to L in a wave pattern for 5 6 wave the arm back in 7 8**

(option to pop knees while doing counts 2 thru 4)

Part B

- 1-4** Swivel heels R L R L, on last swivel L lift R foot
- 5-8** Walk around yourself with 4 steps R L R L
- 1&2** Stomp R frwd fan R toes out then in
- &3 &4** Step back R step L next to R, swivel both heels out then in
- 5 6** Step R out to R, touch L next to L as you point to your head with the R hand
- 7 8** Step L open - Lift R knee

(arm position on 8 is R elbow in close to body R hand in front of R shoulder, L arm comes across chest and L hand rests in the R palm)

- 1 2** Hands stay connected as arms travel R to L across chest, down the L side of the body and then to the inside of the R knee
- 3 4** Hands push knee away from body towards the back, R foot steps down behind L, L steps open
- 5 6 7 8** Reach both arms up but slightly angled to the L and "pull the shirt on" in pieces
- 1 2** Step R to back making a 1/2 turn to R, Step L back making a 1/4 turn R
- 3 & 4** Coaster step R L R
- 5 6** Ronde L from behind, making a 1/4 turn R - Step down on L next to R

7 HOLD 7

- & 8** Touch R out to R side, then touch R next to L
- 1 2** Glide R to R tap L next to R - L arm swings in an upward motion
- 3 4** Glide L to L tap R next to L - R arm swings down away from body
- 5 6** Step R then L making full turn to L
- 7 8** Lift and pulse R knee twice - arms in "I don't know position"
- 1&2** Tap R toe frwd lift and step R in back of L
- 3-6** Unwind full turn to R, step L to L side and drag R into L (option here is floor work)

7 8 weight on L stomp R frwd

- 1** Body Roll from Head to Toes
- & 2 3** Step Back R, then step L next to R, swivel both heels R making a 1/4 turn left
- 4 5 6** Swoop or Ronde L front to back, repeat with R and again with L
- 7 8** With weight on L make a full turn L ending on 8 with R foot frwd
- 1 2 3** Rock hips: front back front
- 4 & 5** Head looks L on 4, torso twists L on &, toes make a 1/2 rotation L on 5
- 6** Hold 6
- 7 8** Rock hips: front then back

Part C - the Boom Section

- 1 2 3 4** Chest pops forward back forward back

5 6 walk R then L making a full turn to R

7 & 8 behind side cross front (R L R)

1 2 Step L to L side as chest pops and L toe fans to the L, toe fans back in

3 4 L toe fans out with another chest pop and then back in

5 & 6 Triple step making a full turn L (L R L)

7 8 Step R open to R side, cross L in front of R

1 2 Step R to R in a low body position with R arm hanging down over R foot fan R toes out to R and back in - arm mimics foot

3 4 R toe fans out and in again with arm again

5 & 6 Return body to upright position while doing a behind side cross (R L R)

7 8 Step frwd with left making 1/2 turn R - step onto R while making another 1/2 turn R

1 Step L down next to R - point outward with two fingers and the R arm

2 3 4 place R hand over heart

5 & 6 Quick jog backwards R L R

7 8 Hold and Prep for next Sequence of dance

DANCE SEQUENCE IS: A,A,B,C A,A,B,C C B C