

THIS OLD SKIN

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Count: 68

Wall: 4

Level: beginner/intermediate

Choreographer: Julie Carr

Music: This Old Skin by The Beautiful South

RIGHT TOE HEEL SCUFF FORWARD, RIGHT CROSS BACK CROSS, LEFT SIDE ROCK, RECOVER LEFT CROSS SHUFFLE

- 1-2** Tap right toe, then scuff right heel forward
- 3&4** Cross step right over left step back onto left cross right over left
- 5-6** Step left to left side, recover weight onto right
- 7&8** Left cross shuffle traveling right stepping on left right left

STEP ON RIGHT ¼ TURN RIGHT CLAP, STEP ON LEFT ¼ TURN RIGHT -CLAP, RIGHT ROCK BACK RIGHT TRIPLE FORWARD

- 1-2** Step onto right make ¼ turn right clap
- 3-4** Step onto left make ¼ turn right clap, completing ½ turn right
- 5-6** Rock back onto right recover weight forward onto left
- 7&8** Right triple forward stepping right, left, right

LEFT FORWARD ROCK RECOVER BACK RIGHT, TRIPLE ¼ TURN LEFT, RIGHT CROSS ROCK, RIGHT SIDE SHUFFLE

- 1-2** Left forward rock recover back onto right
- 3&4** Make ¼ turn left as you do a side triple side together side, stepping left, right, left 3:00
- 5-6** Rock right across left, recover on left
- 7&8** Right, side together side, side shuffle

LEFT ROCK BEHIND, RECOVER ON RIGHT, LEFT SIDE SHUFFLE, RIGHT ROCK BACK, RECOVER ON LEFT, MAKE ¼ TURN SHUFFLE RIGHT

- 1-2** Rock back on left behind right, recover weight on right
- 2&3** Make left side together side, side shuffle left, right, left
- 5-6** Rock right behind left, recover weight onto left
- 7&8** Make ¼ triple turn right, forward shuffle right, left, right

STEP HITCH, X TWO, FORWARD ROCK COASTER STEP

- 1-2 Step forward on left, hitch right knee up
- 3-4 Step forward on right, hitch left knee up
- 5-6 Rock forward onto left recover back on right
- 7&8 Left coaster step stepping left back, right together, left forward
- 9-16 Repeat 1-8, but mirror image

¼ TURN RIGHT, LEFT CROSS SHUFFLE, RIGHT SIDE ROCK RECOVER, RIGHT SAILOR CROSS

- 1-2 Left step pivot ¼ turn right, weight on right
- 3&4 Left cross shuffle, left over right stepping left, right, left traveling right weight ends on left
- 5-6 Rock out to right recover weight onto left
- 7&8 Right sailor, right behind left, step left to left side, step cross right over left

LEFT SIDE ROCK, LEFT CROSS SHUFFLE, RIGHT SIDE ROCK RIGHT SAILOR STEP

- 1-2 Step left to left, recover onto right side
- 3&4 Left cross shuffle over right, stepping left, right, left traveling right, weight ends on left
- 5-6 Step right to right, recover onto left
- 7&8 Right sailor step, right behind left, step left to left, step right to right, weight ends on right

STEP FORWARD ON LEFT, TAP RIGHT TOE 3 TIMES

- 1 Step forward on left
- 2-3-4 Tap right toe three times beside left

REPEAT

RESTART

On wall 4, dance to count 40m, then add

- 1-2- Step forward right, hitch left
- 3-4 Step forward left, hitch right

Then start dance again, 9:00 wall