

Skips A Beat

64 Count, 4 Wall, Improver

Choreographer: Marie Sørensen (Sunshine Cowgirl) (DK)
May 2013

Choreographed to: My Heart Skips A Beat by Dwight Yoakam,
Album: Dwight Sings Buck

Intro: 20 Counts

1 Step, Hold, Lock, Hold, Lock Step, Hold

- 1-2 Step right diagonal fwd. right, hold
- 3-4 Lock left behind right, hold
- 5-6 Step right diagonal fwd. right, lock left behind right
- 7-8 Step right diagonal fwd. right, hold (12:00)

2 Step, Hold, Lock, Hold, Lock Step, Hold

- 1-2 Step left diagonal fwd. left, hold
- 3-4 Lock right behind left, hold
- 5-6 Step left diagonal fwd. left, lock right behind left
- 7-8 Step left diagonal fwd. left, hold (12:00)

3 Cross Rock, Recover, Side, Hold, Cross Rock, Recover, ¼ Turn Left, Hold

- 1-2 Rock right over left, recover
- 3-4 Step right to right side, hold
- 5-6 Rock left over right, recover
- 7-8 ¼ turn left, step left to left side, hold (09:00)

4 Jazz Box, Cross, Point, Touch, Point, Hold

- 1-2 Cross right over left, step back on left
- 3-4 Step right beside left, cross left over right
- 5-6 Point right to right side, touch right beside left
- 7-8 Point right to right side, hold (09:00)

5 Jazz Box, Cross, Step, Hold, ¼ Turn, Hold

- 1-2 Cross right over left, step back on left
- 3-4 Step right beside left, cross left over right
- 5-6 Step fwd. Right, hold
- 7-8 ¼ turn left, step left to left side, hold (06:00)

6 Run Fwd. Right, Left, Right, Hitch, Run Back Left, Right, Left, Hitch

- 1-2 Run fwd. right, left
- 3-4 Run fwd. right, hitch left while you do a little jump on right
- 5-6 Run back left, right
- 7-8 Run back left, hitch right, while you do a little jump on left (06:00)

7 Back, Hitch, Back, Hitch, Coaster Step, Hold

- 1-2 Step back on right, hitch left
- 3-4 Step back on left, hitch right
- 5-6 Step back on right, step left beside right
- 7-8 Step fwd. Right, hold (06:00)

8 Step ¼ Turn, Cross, Hold, Rock, Recover, Touch, Hold

- 1-2 Step fwd. Left, ¼ turn right (Weight on right)
 - 3-4 Cross left over right, hold
 - 5-6 Rock right to right side, recover
 - 7-8 Touch right beside left, hold (09:00)
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