Thick Skin

Count: 32 **Wall:** 2 **Level:** Intermediate

Choreographer: Shane McKeever (IRE) & Niels Poulsen (DK) - February 2026

Music: Thick Skin - Lauren Spencer Smith

Intro: 4 counts from beginning of track. App. 3 secs. into track. Start with weight on L foot

TAG: 4 count Tag: Comes twice. Tag described at bottom of sheet

[1 – 8] R cross rock, R side rock, R sailor step, L sailor heel ¼ L, & touch, ¼ R point L

1&2&	Cross rock R over L (1), recover on L (&), rock R to R side (2), recover on L (&) 12:00
3&4	Cross R behind L (3), step L to L side (&), step R to R side (4) 12:00
5&6	Cross L behind R (5), turn ¼ L stepping R next to L (&), touching L heel fwd (6) 9:00
&7&8	Step down on L (&), touch R next to L (7), turn ¼ R stepping R to R side (&), point L to L (8)

… Note: during chorus look over R shoulder to hit lyrics 'looking back' 12:00

[9 – 16] ¼ L fwd, ½ L back, ½ L into run ¼ L with R sweep, cross, L coaster hitch, press R fwd

1 – 2	Turn ¼ L stepping down on L (1), turn ½ L stepping back on R (2) … Styling option for count
2	hitch L knee touching L foot to R knee, rising on to the ball of R foot 3:00
3&4	Turn ½ L stepping L fwd (3), turn 1/8 L stepping R fwd (&), turn 1/8 L stepping L fwd and sweeping R fwd at the same time (4) 6:00
5 – 6&7	Cross R over L (5), turn 1/8 R stepping back on L (6), step R next to L (&), step L fwd turning 1/8 L on L hitching R knee at the same time (7) 6:00
8	Cross press R over L (8) 6:00

[17 – 24] Back sweep X 2, behind side cross, lunge R, recover ¼ L sweep, R samba together

1 – 2	Recover back on L sweeping R to R side (1), step back on R sweeping L to L side (2) 6:00
3&4	Cross L behind R (3), step R to R side (&), cross L over R (4) 6:00
5 – 6	Rock R to R side turning body slightly R (5), recover on L turning ¼ L sweeping R fwd (6) 3:00
7&8	Cross R over L (7), step L to L side turning body to R diagonal (&), step R next to L (8) 4.30

[25 – 32] L vaudeville, cross, ¼ R back L, R back rock pop, recover, full turn L with R sweep

1&2&	Cross L over R (1), turn 1/8 L stepping R to R side (&), touch L heel fwd to L diagonal (2), step down on L (&) 3:00
3 – 4	Cross R over L (3), turn ¼ R stepping back on L (4) 6:00
5 – 6	Rock back on R popping L knee fwd (5), recover on L (6) 6:00
7 – 8	Turn ½ L stepping back on R (7), turn ½ L stepping L fwd sweeping R fwd at the same time (8) 6:00

Start again

TAG The Tag comes twice. The first time is on wall 2, after 12 counts, facing 12:00

1 – 4	Diagonal rocking chair with a flick (modified rocking chair)
1 – 2	Rock R into L diagonal (1), recover back on to L (2) 10:30
3 – 4	Step back on R sliding L heel (3), recover on L flicking R back then restart (4) …

Note: although you're facing 10:30 now you square up on counts 2& (the R side rock) 10:30
The tag comes again right after wall 3, now facing 6:00. However, you change count 4: turn 3/8 L on L hitching R knee. You're now facing 12:00. Restart the dance
Note: After the tags you will start the dance facing the front both times 12:00

Ending Start wall 8, facing 12:00. Finish dance on count 4 brushing L shoulder with R hand 12:00