

Strip It Down

Count: 32

Wand: 4

Ebene: Intermediate NC2S

Choreograf/in: Rachael McEnaney (USA) - October 2015

Musik: Strip It Down - Luke Bryan



Count In: 16 counts from start of track, dance begins on vocals. Approx 69 bpm

[1 – 8] R nightclub basic, L nightclub basic, ¼ turn R into serpiente

- 1 2 & Step R to right side (1), close L slightly behind R (2), cross R over L (&), 12.00
3 4 & Step L to left side (3), close R slightly behind L (4), cross L over R (&) 12.00
5 6 & Make ¼ turn right stepping forward R as you sweep L (5), cross L over R (6), step R to right side (&), 3.00
7 8 & Cross L behind R as you sweep R (7), cross R behind L (8), step L to left side (&) 3.00

[9 – 16] R cross rock, R side rock, R behind, L side, R cross, L side rock with ¼ turn R, L rocking chair, ¾ turn R

- 1 & 2 & Cross rock R over L (1), recover weight L (&), rock R to right side (2), recover weight L (&) 3.00
3 & 4 Cross R behind L (3), step L to left side (&), cross R over L (4) 3.00
5 & 6 & Rock L to left side (5), make ¼ turn right as you recover weight R (&), rock forward L (6), recover weight R (&), 6.00
7 & 8 & Rock back L (7), recover weight R (&), make ½ turn right stepping back L (8), make ¼ turn right stepping R to right side (&) 3.00

[17 – 24] L cross, R side rock, R cross with L sweep, L cross, R side, half diamond fall away, L cross, ¼ turn L

- 1 2 & 3 Cross L over R (1), rock R to right side (2), recover weight L (&), cross R over L as you sweep L (3) 3.00
4 & 5 Cross L over R (4), step R to right side (&), make 1/8 turn left stepping back L (5) 1.30
6 & 7 Step back R (6), make 1/8 turn left stepping L to left side (&), make 1/8 turn left stepping forward R (7) 10.30
8 & Cross L over R (squaring up to 9.00) (8), make ¼ turn left stepping back R (&), 6.00

[25 – 32] ¼ turn L into 'single-single-double L', R side, L touch, L side, R touch, rolling vine R, L cross

- 1 & 2 & Make ¼ turn left stepping L to left side (1), touch R next to L (&), step R to right side (slightly forward) (2), touch L next to R (&) 3.00
3 & 4 Step L to left side (slightly forward) (3), step R next to L (&), step L to left side (slightly forward) (4) 3.00
5 & 6 & Step R to right side (slightly forward) (5), touch L next to R (&), step L to left side (slightly forward) (6), touch R next to L (&) 3.00
7 & 8 & Make ¼ turn right stepping forward R (7), make ½ turn right stepping back L (&), make ¼ turn right stepping R to right side (8), cross L over R (&) 3.00

Styling: Counts 1 – 6& should have a 'groove' to it, sway into each step using hips, it moves very slightly forward. START AGAIN

HAPPY DANCING

Contact: www.dancewithrachael.com - dancewithrachael@gmail.com - Tel: +1 407-538-1533 - +44 7968181933