

Naked In Your Bed

Count: 96

Wand: 4

Ebene: Phrased Intermediate

Choreograf/in: Julie Englund Hansen (DK) & Katja Østerby (DK) - October 2016

Musik: Title - Meghan Trainor



Intro : start on the word Love (apr. 2 counts intro) Phrasing: AABAABAABB(ending)

Part A: (64 count - 4 wall)

A1: Side R, touch L, side L, Touch R, Side R, Cross L, Side R, Point L □□□□

- 1-2 Step R to R side (1), touch L beside R (2)
- 3-4 Step L to L side (3), touch R beside L (4)
- 5-6 Step R to R side(5), Cross L in front of R (6)
- 7-8 Step R to R side (7), point L diagonally fwd towards L diagonal (8)

A2: Side L, touch R, side R, Touch L, Side L, Cross R, Side L, kick R □□□□

- 1-2 Step L to L side (1), touch R beside L (2)
- 3-4 Step R to r side (3), touch L beside R (4)
- 5-6 Step L to L side (5), Cross R over L (6)
- 7-8 Step L to l side (7), Kick R diagonally fwd towards R diagonal (8)

A3: R Behind L, 1/4 turn L, Step R, hold, Mambo 1/2 L, hold □□□□

- 1-2 Cross R behind L (1), 1/4 L stepping L fwd (2)
- 3-4 Step fwd onto R (3), hold (4)
- 5-6 Rock L fwd (5), Recover onto R (6)
- 7-8 1/2 over L shoulder stepping fwd onto L (7), hold (8)

A4: Lock 1/2 R, hold, out R, out L, Shimmie □□□□

- 1-2 1/4 turn over L stepping R to R side (1), Lock L in front of R (2)
- 3-4 1/4 turn over L shoulder stepping back onto R (3), hold (4)
- &5 step L to L side on ball of foot (&), step R to R side on ball of foot (5)

(Stay on the tip of your toes on &5)

- 6-7-8 Shimmie shoulders as you move down onto flat feet weight ending on L (6-7-8)

A5: R toe strut jazzbox, L toe strut fwd □□□□

- 1-2 Cross R toe over L (1), step down on R (2)
- 3-4 Touch L toe backwards (3), step down on L (4)
- 5-6 Touch R toe to R side (5), step down on R (6)
- 7-8 Touch L toe fwd (7), step down on L (8)

A6: R step lock step, Scuff L, L step lock step, Sweep R □□□□

- 1-2 Step R fwd (1), Lock L behind R (2)
- 3-4 Step R fwd (3), scuff L beside R (4)
- 5-6 Step L fwd (5), lock R Behind L (6)
- 7-8 Step L fwd (7), Sweep R from back to front (8)

A7: Cross R, back L, side R, cross L, back R, side L, cross R, side L □□□□

- 1-2 Cross R over L (1), Step back onto L (2)
- 3-4 Step R back (4), Cross L over R (4)
- 5-6 Step R back (5), step L to L side (6)
- 7-8 Cross R over L (7), step L to L side (8)

A8: Touch R, side R, touch L, side L, hip circle counter clockwise, touch R □□□□

- 1-2 Touch R beside L (1), step R to R side (2)

- 3-4 Touch L beside R (3), step L to L side (4)
- 5-6-7 Move hips in a circle counter clockwise (5-6-7)
- 8 Touch R beside L (8)

Part B: (32 count - 1 wall)

B1: Toestrut $\frac{1}{2}$ R over L shoulder, toestrut $\frac{1}{2}$ L over L shoulder, Mambo fwd R, hold□□

- 1-2 $\frac{1}{2}$ turn over L shoulder touching R toe back (1), step down on R (2)
- 3-4 $\frac{1}{2}$ turn over L shoulder touching L toe fwd (3), step down on L (4)
- 5-6 Rock R fwd (5), Recover back onto L (7)
- 7-8 Step R back (7), hold (8)

B2: Toestrut $\frac{1}{2}$ L over L shoulder, toestrut $\frac{1}{2}$ R over L shoulder, mambo back L, hold□□

- 1-2 $\frac{1}{2}$ turn over L shoulder touching L fwd (1), step down on L (2)
- 3-4 $\frac{1}{2}$ turn over L shoulder touching R back (3), step down on R (4)
- 5-6 Rock L back (5), recover onto R (6)
- 7-8 Step L fwd (7), hold (8)

B3: R toe heel cross, L toe heel cross (with twists), touch R, hold□□

- 1-2 Touch R toe twisting L heel in (1), touch R heel Twisting L heel out (2)
- 3-4 Cross R over L (3), Touch L toe twisting R heel in (4)
- 5-6 touch L heel twisting R heel out(5), Cross L over R (6)

(Easy option: don't do the twist just do the toe heel cross □)

- 7-8 Touch R beside L (7), hold (8)

B4: Step $\frac{1}{2}$ R over L shoulder, $\frac{1}{2}$ R over L shoulder, drag L, coaster L, Touch R□□

- 1-2 Step R fwd (1), $\frac{1}{2}$ over L shoulder shifting weight onto L (2)
- 3-4 $\frac{1}{2}$ over L shoulder stepping back onto R (3), drag L keeping weight on R (4)
- 5-6 Step L back (5), step R beside L (6)
- 7-8 Step L fwd (7), touch R beside L (8)

Ending: when you finish you last b part you will be facing 6 o'clock

You have 1 count left in the music, spin $\frac{1}{2}$ turn over L shoulder keeping weight on L

Contact: katjaoesterby@hotmail.com
