

Strip It Down

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: Iliane Raiza van der Graaf (NL) - September 2015
音乐: Strip It Down - Luke Bryan : (CD: Kill The Lights - Night Club Two Step)



Intro: 16 counts

BASIC, 1/8 TURN RIGHT SIDE STEP, CROSS, SIDE STEP, CROSS, 7/8 TURN RIGHT, CROSS, SCISSOR STEP

- 1 (S) large step left to the left side
- 2 (Q) close right behind left
- & (Q) cross left over right
- 3 (S) make 1/8 turn right, step right to the right side [1.30]
- 4 (Q) cross left over right
- & (Q) step right to the right side
- 5 (S) cross left over right
- 6 (S) make 7/8 turn right, weight on left
- 7 (S) cross right over left
- 8 (Q) step left to the left side
- & (Q) close right behind left
- 9 (S) cross left over right

1/8 TURN RIGHT, MAMBO STEP FORWARD. ¼ TURN LEFT SIDE STEP, CROSS, ¼ TURN LEFT STEP FORWARD WITH RIGHT SWEEP 1/8 TURN LEFT, CROSS, DIAGONAL STEP BACK, DIAGONAL STEP BACK, CROSS, DIAGONAL STEP BACK, DIAGONAL STEP BACK

- 10 (Q) 1/8 turn right, rock forward on right [1.30]
- & (Q) recover onto left
- 11 (S) step back on right
- 12 (Q) make ¼ turn left, step left to the left side [10.30]
- & (Q) cross right over left
- 13 (S) make ¼ turn left, step forward on left [4.30], make 1/8 turn left sweep right from back to front [6.00]
- 14 (Q) cross right over left
- & (Q) step diagonal back on left
- 15 (S) step diagonal back on right
- 16 (Q) cross left over right
- & (Q) step diagonal back on right
- 17 (S) step diagonal back on left

SIDE STEP SWAY HIPS RIGHT, SWAY HIPS LEFT, BASIC, SIDE STEP WITH ¾ SPIRAL TURN RIGHT, STEP FORWARD RIGHT, STEP FORWARD LEFT, RIGHT LUNGE FORWARD, RECOVER, TOGHETER, STEP FORWARD

- 18 (Q) step right to the right side, sway hips right
- & (Q) sway hips left
- 19 (S) step right to the right side
- 20 (Q) close left behind right
- & (Q) cross right over left
- 21 (S) step left to the left side, make ¾ spiral turn right [3.00]
- 22 (Q) step forward on right
- & (Q) step forward on left
- 23 (S) lunge forward on right
- 24 (Q) recover onto left

& (Q) step right next to left
25 (S) step forward on left

¾ TURN RIGHT, CROSS, SCISSOR STEP, ¼ TURN LEFT STEP BACK, ¼ TURN LEFT SIDE STEP, CROSS, SIDE STEP, CROSS

26 (S) ¾ turn right, weight on left [12.00]
27 (S) cross right over left
28 (Q) step left to the left side
& (Q) close right behind left
29 (S) cross left over right
30 (Q) ¼ turn left, step back on right [9.00]
& (Q) ¼ turn left, step left to the left side [6.00]
31 (S) cross right over left
32 (Q) step left to the left side
& (Q) cross right over left

RESTART: Dance in wall 6 the first 16& counts, then start from the beginning.

INFORMATION:

S = slow

Q = quick

Contact: www.tennesseelinedancers.com - tennesseeld@gmail.com
