

Strip That Down

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Sebastiaan Holtland (NL) - May 2017
音乐: Strip That Down (feat. Quavo) - Liam Payne



Restart in wall 5 after 16 counts (facing 12 o'clock).

Introduction: 16 counts, start on approx 09 sec.

Sequences: 32, 32, 32, 16, Restart, 32, 32, 32, 32, 32, 32, 4, ending.

Part I. [1-8] 1/8 turn L, Side, Together, Side, Together with R Knee Pop Fwd, Cross Sailor R with 1/4 Turn R, Cross Sailor L with 1/8 Turn L.

- 1-4 Making 1/8 turn L (10.30) on diagonal: Step R to R, Step L beside R, Step R to R, Step L beside R and pop R knee forward.
- 5&6 Step R across L, Making 1/4 turn R (1.30) step L to L, Step R to R.
- 7&8 Step L across R, Making 1/8 turn L (12) step R to R, Step L to L weight onto L.

Part II. [9-16] R Kick, Out, Out, Shoulder Movements R, L, Knee Lift R, Replace, 1/4 Turn L, Hitch L, Replace, 1/2 Turn R, Hitch R.

- 1&2 Kick R forward, Step R out to R, Step L out to L.
- 3&4 Push R shoulder up, Push L shoulder up, Bring L shoulder down and lift R knee up.
- 5-8 Step R back in place, Making 1/4 turn L (9) hitch L knee up, Step L back in place, Making 1/2 turn R (3) hitch R knee up.

(NB: Restart here in WALL 4 after 16 counts, after start again on facing 12 o'clock).

Part III. [17-24] Walks Fwd R, L, 2x 1/4 Paddel Turn L, Step, & Touch Together, Side, 1/4 Sailor Turn L.

- 1-2 Walk R slightly forward, Walk L slightly forward.
- 3-4 Making 1/4 turn L (12) over L and point R out to R, Making 1/4 turn (9) L over L and point R out to R.
- 5&6 Step R forward, Touch L beside R, Step L to L weight onto L.
- 7&8 Step R behind L, Making 1/4 turn L (6) step L to L, Step R to R weight onto R.

Part IV. [25-32] Waeve R, Recover, Side, Heels & Toes Swivels with 1/4 Turn L, Big Side Step R with 1/8 Turn L, Together with Knee Pop Fwd.

- 1&2 Step L behind R, Step R to R, Step L across R.
- 3-4 Recover back onto R, Step L out to L.
- 5-6 Swivel both heels to L, Swivel both toes to L with 1/4 turn L (3) taking weight onto L.
- 7-8 Making 1/8 turn L (1.30) on diagonal: Step R big to R, Step L beside R and pop R knee forward weight onto L.

Note:

(NB: At the end of the dance you stay (facing 1.30), at that point you start your new wall. Than you don't dance the steps: 1/8 turn L in the header from part 1).

REPEAT DANCE AND HAVE FUN!!

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