

Bare Essentials

拍数: 32 墙数: 0 级数: Beginner
编舞者: Chris Sander (UK)
音乐: Bare Essentials - Lee Kernaghan



(RIGHT) VINE 3, SCUFF, FORWARD, SCUFF, FORWARD, STAMP

- 1-4 Step right foot to right, cross left foot behind right foot, step right foot to right, scuff left heel past right foot
- 5-6 Step left foot forward, scuff right heel past left foot
- 7-8 Step right foot forward, stamp left foot alongside right foot (no weight)

BACK RUN 3, STAMP

- 9-12 Step left foot back, step right foot back, step left foot back, stamp right foot alongside left foot (no weight)

SIDE ROCK 2, FRONT CROSS, CLAP; TWICE

- 13-16 Rock right foot to right, recover left foot, cross right foot in front of left foot, clap
- 17-20 Rock left foot to left, recover right foot, cross left foot in front of right foot, clap

SIDE PADDLE 2, PADDLE 2

- 21-22 Rock right foot to right, turning $\frac{1}{4}$ left recover left foot
- 23-24 Rock forward right foot, turning $\frac{1}{4}$ left recover left foot

2 RIGHT HEEL DROPS, 2 LEFT HEEL DROPS, TWIST 3, HOLD

- 25-26 Drop right heel twice transferring weight to right foot 2nd time
- 27-28 Drop left heel twice transferring weight evenly on 2nd time
- 29-32 Twist both heels left, twist both heels right, twist both heel left, hold (transferring weight to left foot)

REPEAT
