

Strip It Down

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Ilona Tessmer-Willis (USA) - September 2015
音樂: Strip It Down - Luke Bryan : (Google Play / iTunes / AmazonMP3 - 3:50)



This dance has turns in S1, S3 & S4. The song's slow tempo allows even beginners to try them, however, there are options, if dancers choose not to turn.

Intro: 32 counts

R SIDE ROCK, R SAILOR STEP, FULL TURN R: L PIVOT, L CHA-CHA (OPTION: WALK L & R IN PLACE, L CHA-CHA IN PLACE)

1-2 R Side Rock, (recover weight on left)
3&4 Cross R Behind L, Step L to Side, Step R
5-6 ½ Turn R: L Pivot
7&8 ½ turn R: L Cha-Cha

R & L WALK FORWARD, 1/8 RIGHT DIAGONAL: R CHA-CHA, L & R WALK BACK FROM THE DIAGONAL, L COASTER STEP

1-2 R & L Walk Forward
3&4 1/8 Diagonal Right: R Cha-Cha
5-6 L & R Walk Back from Diagonal to Face front
7&8 Coaster Step: L Step Back, R Step Next to L, Step Forward on L

MAKE 1+1/4 TURN RIGHT: ¼ TURN R: STEP R, L, FULL TURN R CHA-CHA, L FRONT ROCK, 3 RUNS BACK: L,R,L (OPTION: ¼ TURN: WALK R & L, R CHA-CHA)

1-2 Turn ¼ to Right: R, L,
3&4 Full Turn: R Cha-Cha
5-6 L Front Rock (recover weight on right)
7&8 Run Back L,R,L (weight is on left)

R ROCK BACK, 3/4 TURN L: R CHA-CHA, SWAY L & R, ¾ TURN R: L CHA-CHA (OPTION: R BACK, R CHA-CHA, L FRONT ROCK,L CHA-CHA)

1-2 R Rock Back, (recover weight on left)
3&4 ¾ L Turn: R Cha-Cha
5-6 Sway L & R
7&8 ¾ R Turn: L Cha-Cha (weight is on left)

Love this new Luke Bryan song ---enjoy the dance!!

Please don't alter this step sheet. i.e. keep in original form, when posting to a website. Contact me if any questions arise. Thank you.

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