

Strip It Back

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Laura Sway (UK) & Julie Lockton (ES) - September 2015
音樂: Strip It Down - Luke Bryan



Count in: 16 counts (on vocals)

SECTION 1: STEP FORWARD RIGHT, LEFT LOCK STEP, RIGHT ROCK RECOVER, RUN $\frac{3}{4}$ RIGHT, STEP SWEEP $\frac{1}{2}$, BEHIND SIDE CROSS

- 1-2&3 Step forward on the right, step forward on the left, lock right behind left, step forward on the left
- 4&5&6 Rock forward on the right, recover weight onto left, run $\frac{3}{4}$ turn to the right stepping right, left, right (09:00)
- 7-8&1 Step forward on the left making a $\frac{1}{2}$ turn over the right shoulder sweeping right foot from front to back, step right behind left, step left to left side, step right across left

SECTION 2: SWIVEL FEET & BODY $\frac{1}{2}$ LEFT, $1\frac{1}{4}$ TURN RIGHT, ROCK BACK RECOVER, RIGHT COASTER STEP, STEP

- 2 Swivel both heels and body $\frac{1}{2}$ turn to the left transferring weight onto the left
- 3&4 Step forward on the right making $\frac{1}{2}$ turn to right (03:00), Step back on the left making $\frac{1}{2}$ turn right (09:00), step right to right side making $\frac{1}{4}$ turn right (12:00)
- 5&6 Rock back on the left, recover onto the right, step left to left side dragging right to left
- 7&8& Step back on the right, step left to right, step forward on the right, step forward on the left

RESTART HERE ON WALL 6

SECTION 3: WALK FORWARD RIGHT LEFT, ROCK RECOVER, FULL TURN, STEP BACK SWEEP, BEHIND SIDE CROSS, ROCK, RECOVER $\frac{1}{4}$ LEFT

- 1-2 Walk forward right, left
- 3&4& Rock forward on the right, recover onto left, making $\frac{1}{2}$ turn (06:00) step forward on the right, making $\frac{1}{2}$ to 12:00 step back on the left
- 5-6&7 Step back on the right sweeping the left from front to back, step left behind right, step right to right side, step left across right
- 8& Rock right to right side, making a $\frac{1}{4}$ turn to the left recover weight onto left

SECTION 4: RIGHT ROCKING CHAIR, RIGHT LOCK STEP FORWARD, RUMBA BOX BACK, ROCK BACK RECOVER, STEP TURN

- 1&2& Rock forward on the right, recover onto left, rock back onto right, recover onto left
- 3&4 Step forward on the right, lock left behind right, step forward on the right
- 5&6 Step left to left side, step right to left, step back on the left
- 7&8& Rock back on the right, recover onto left, step back on right making $\frac{1}{2}$ turn left, step forward on the left making $\frac{1}{2}$ turn left