

Stripped Down

拍數: 32 牆數: 2 級數: High Intermediate
編舞者: Paul O'Connor (UK) - November 2015
音樂: Strip It Down - Luke Bryan



Rock back, Triple full turn, Walk x2, 5/8 turn, step, Full turn x2, Step.

- 1 Rock back on right foot.
- 2&3 Recover on left, ½ turn left stepping back on right, ½ turn left stepping fwd on left.
- 4-5 Walk fwd right, walk fwd left.
- 6 Pivot 5/8 turn to right stepping on right foot. (7.30).
- 7&8&1 Two full turns to the right, step fwd on left .

Cross rock, recover, 1/8 turn, step, left basic, touch behind unwind 5/8, 3 runs.

- 2&3 Cross rock right over left, recover onto left, 1/8 turn right stepping big step onto right.
- 4&5 Rock back on left foot slightly behind right, recover onto right slightly in front of left, step left to left side.
- 6-7 Touch right toe behind left foot, unwind 5/8 turn right taking weight onto right. (4.30).
- 8&1 Run fwd left, right, left.

Cross, step back, 3/8 turn right, sway x3, cross, ¼ turn right, step.

- 2&3 Cross step right over left, step back on left, 3/8 turn right stepping right to side.
- 4-5-6 Sway hips left, right, left.
- 7 Cross step right over left.
- 8&1 ¼ turn right stepping back on left, ½ turn right stepping fwd on right, step fwd on left, sweeping right foot round.

Cross , side, behind, sweep, cross side behind sweep, rock fwd recover, reverse full turn.

- 2&3 Cross right over left, step left to left side, step right behind left sweeping left foot round.
- 4&5 Step left behind right, step right to right side, cross step left over right sweeping right foot round.
- 6-7 Rock fwd onto right foot, recover on left.
- 8& Turn half turn right stepping fwd on right, turn ½ turn right stepping back on left foot.

Begin again, hope you enjoy.

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