

Strip It Down

拍數: 32 牆數: 4 級數: Improver
編舞者: Michele Watson (CAN) - November 2015
音樂: Strip It Down - Luke Bryan



Intro: 16 counts (No Tags or Restarts)

Mambo forward & back, Side Rock Cross R & L

1&2 Rock forward onto R, Return weight to L, Step R back
3&4 Rock back onto L, Return weight to R, Step L Forward
5&6 Rock R to right side, Recover L, Cross R over L (moving forward)
7&8 Rock L to left side, Recover R, Cross L over R (moving forward)

Rumba box, Back, Lock, Back, Shuffle ½ turn

1&2 Step R to right side. Step L next to R, Step R forward
3&4 Step L to left side, Step R next to L, Step L back
5&6 Step back R, Step L across R, Step R back
7&8 Step L ¼ left, Step R together, Step L ¼ left

Step side, rock back, cross (NC2) R & L, Shuffle ¼ turn, Chase ½ turn

1,2& Step R to right side, Rock L behind R, Cross R over L (NC2)
3,4& Step L to left side, Rock R behind L, Cross L over R (NC2)
5&6 Step R to right side, step L next to R, Step R ¼ turn right
7&8 Step L forward, Step R ½ turn right, Step L forward

Sway R & L, Shuffle ½ turn, Shuffle ½ turn, Sway R & L

1-2 Sway R to Right, Sway L to left
3&4 Step R ¼ turn right, Step L next to R, Step R ¼ turn right
5&6 Step L back ¼ turn right, Step R next to L, Step L back ¼ turn right
7-8 Sway R to right, Sway L to left

Start again...enjoy

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