

Strip It Down Beginner

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 2 級數: Beginner NC2S
編舞者: Rosalee Musgrave (USA) - June 2016
音樂: Strip It Down - Luke Bryan : (iTunes, amazon)



Count In: 16 Counts

Left Nightclub Basic, Rock Side, Recover, Rock Back, Recover, Right Nightclub Basic, Rock Side, Recover, Rock Back, Recover

- 1 – 2 & Step Left to Left side, Rock Right foot behind Left, Recover forward on Left
- 3 & 4 & Rock Right to Right side, Recover on Left, Rock Right back behind Left, Recover forward on Left
- 5 – 6 & Step Right to right side, Rock Left foot behind Right, Recover forward on Right
- 7 & 8 & Rock Left to Left side, Recover on Right, Rock Left back behind Right, Recover forward on Right

Left Cross Rock, Recover, Rock Side, Recover, Weave Back, Side Cross, Right Cross Rock, Recover, Rock Side, Recover, Weave Behind, ¼ Left, Step Side

- 1 & 2 & Cross Rock Left over Right, Recover back on Right, Rock Left to Left side, Recover on Right
- 3 & 4 Weave stepping Left behind Right, Step Right to Right side, Cross Left over Right
- 5 & 6 & Cross Rock Right over Left, Recover back on Left, Rock Right to Right side, Recover on Left
- 7 & 8 Weave stepping Right behind Left, Turn ¼ Left stepping forward on Left, Step on Right beside Left (9:00)

Left Cross Rock, Recover, Rock Side, Recover, Weave Back, Side Cross, Right Cross Rock Recover, Rock Side, Recover, Weave Behind, ¼ Left, Step Side

- 1 & 2 & Cross Rock Left over Right, Recover back on Right, Rock Left to Left side, Recover on Right
- 3 & 4 Weave stepping Left behind Right, Step Right to Right side, Cross Left over Right
- 5 & 6 & Cross Rock Right over Left, Recover back on Left, Rock Right to Right side, Recover on Left
- 7 & 8 Weave stepping Right behind Left, Turn ¼ Left stepping forward on Left, Step on Right beside Left (6:00)

Left Lock To Left Diagonal, Scuff Right, Right Lock To Right Diagonal, Scuff Left, Left Heel, Step, Right Heel, Step, Point Left, Step, Point Right, Step

- 1 & 2 & Step Left forward to Left diagonal, Lock Right foot behind Left, Step forward Left to Left diagonal, Scuff Right heel low
- 3 & 4 & Step Right forward to Right diagonal, Lock Left Foot behind Right, Step forward on Right to Right diagonal, Scuff Left heel low
- 5 & 6 & Touch Left Heel forward, Step on Left foot, Touch Right Heel forward, Step on Right foot
(As the heels are done, straighten to 6:00 wall)
- 7 & 8 & Point Left toe to Left side, Step on Left foot, Point Right toe to Right side, Step on Right foot

REPEAT DANCE - HAPPY DANCING!