

Strip That Down

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Maggie Gallagher (UK) & Tim Johnson (UK) - June 2017
音樂: Strip That Down - Liam Payne : (amazon)



Intro: 16 counts

S1: STEP TOUCH SIDE & STEP, HITCH, PUSH, BEHIND SIDE CROSS OUT OUT & CROSS

1&2 Step right on slight right diagonal, Touch left next to right, Step left to left side
&3-4 Step right next to left, Step forward on left, Hitch right
5 Pushing body back step back on right with left heel forward (toe up)
6&7 ¼ right stepping left behind right, Step right to right side, Cross left over right [3:00]
&8&1 Step right out to right side, Step left out to left side, Step right next to left, Cross left over right

S2: SWIVEL, SWIVEL SWEEP, BUMP & BUMP, BUMP & BUMP, HITCH

2-3 Swivel ½ right (weight on right), Swivel ½ left sweeping left from front to back
4&5 Bump back on left slightly hitching right knee, Recover on right, Bump back on left slightly hitching right knee
6&7 Bump back on right slightly hitching left knee, Recover on left, Bump on back right slightly hitching left knee
8 Step on left hitching right knee

S3: BUMP RLR, BUMP LRL, ¼, HIP ROLL & CROSS

1&2 Step forward on right bumping hips forward right, left, right
3&4 Step forward on left bumping hips forward left, right, left
5-7 ¼ left stepping right to right side (5), Roll hips anti-clockwise in a full circle (weight on left) (6-7) [12:00]
&8 Step right next to left, Cross left over right ** Tag & Restart Wall 5

S4: POINT & POINT & HEEL & WALK, HEELS UP DOWN, HITCH, RUN, RUN, RUN

1&2& Point right to right side, Step right next to left, Point left to left side, Step left next to right
3&4 Tap right heel forward, Step right next to left, Walk forward left
&5-6 ¼ right lifting both heels, Both heels down (weight on left), Hitch right knee [3:00]
7&8 Run back right, left, right

S5: BACK ROCK, ¼ ROCK & SIDE ROCK, ¼ ROCK

1-3 Rock back on left, Recover forward on right, ¼ right rocking left to left side [6:00]
4&5-6 Recover on right, Step left next to right, Rock right to right side, Recover on left
7-8 ¼ right rocking back on right, Recover forward on left [9:00]

S6: TOUCH & HEEL & WALK, WALK, STEP, ¼, STOMP, STOMP

1&2 Touch right next to left, Step back slightly on right, Tap left heel forward
&3-4 Step left next to right, Walk right, Walk left
5-6 Step forward on right, ¼ left stomping left next to right [6:00]
7-8 Small stomp forward on right, Small stomp forward on left *Restart Wall 2

S7: POINT & POINT, DRAG & CROSS, POINT & POINT, DRAG & CROSS

1&2 Point right to right side, Step right next to left, Point left to left side dipping down on right knee
3&4 Drag left toe in to meet right, Step left next to right, Cross right over left
5&6 Point left to left side, Step left next to right, Point right to right side dipping down on left knee
7&8 Drag right toe in to meet left, Step right next to left, Cross left over right

S8: ¼, ¼, BUMP & BUMP & WALK R L R L

1-2 Walk $\frac{1}{4}$ right on right, Walk $\frac{1}{4}$ right stepping on left [12:00]
3&4 Step on right bumping hips forward right, left, right
&5-6 Step left next to right, Walk $\frac{1}{8}$ right on right, Walk $\frac{1}{8}$ right on left
7-8 Walk $\frac{1}{8}$ right on right, Walk $\frac{1}{8}$ right on left [6:00]

***Restart: Wall 2 after 48 counts restart dance facing [12:00]**

****Tag & Restart: Wall 5 after 24 counts (facing 12:00) add tag and then restart dance facing [6:00]**

Tag:

1&2 Bump right, left, right
3&4 Bump left, right, left
5&6 $\frac{1}{2}$ hinge turn left bumping right, left, right
&7-8 Step left next to right, Walk forward right, Walk forward left

Styling Note: On Walls 2, 4 and 6 (S3 counts 5-8) when he sings "Put your hands on your body", place your hands on the top side of your thighs.

**Keep up to date with Maggie at: <https://www.facebook.com/MaggieGChoreographer> or www.maggiieg.co.uk
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To subscribe to Maggie's mailing list contact: maggieginfo@aol.co.uk
