

Strip!

拍數: 88 牆數: 1 級數: Phrased Intermediate
編舞者: Brenda Shatto (USA), Monica Bhasin (IND) & I.C.E. (ES) - July 2021
音樂: Strip - Lena



Note: A= 40 counts, B= 48 counts, 1 tag, 1 restart

Sequence: A B tag A B B*restart B (It's a lot simpler than it seems! We promise!)

Intro: 8 counts, 5 seconds

Part A

[1-8] R side, L close, R forward lock, L side, R close, L extended back lock

1,2 Step R to right, close L to R
3&4 R forward, L lock behind R, R forward
5,6 Step L to left, close R to L
7&8& Step L back, cross R over L, step L back, cross R over L

[9-16] L back, R close, L lock step, R forward, ½ turn left, R cross, shoulder pops LRL

1,2 Step L back, step R next to L
3&4 Step L forward, R lock behind L, L forward
567 R forward, turn ½ left weight to L, step R forward & slightly across while lifting R shoulder up (6:00)
&8& Pop shoulders: L up, R up, L up (opposite shoulder moves downward)

[17-24] L side, R cross, L scissor, R side, L cross, R scissor

1,2 Step L to left, cross R over L
3&4 Step L to left, close R to L, cross L over R (facing 7:30)
5,6 Step R to right, cross L over R
7&8 Step R to right, close L to R, cross R over L (facing 4:30)

[25-32] L ball step, R cross rocking chair, walk around RLR & run LRL to 12:00

&1,2 Small step L, cross rock R, recover L
3,4 Rock back R, recover L (still facing 4:30)
567 Walk R forward, L forward ⅛ turn left, R forward ⅛ turn left (1:30)
&8& Run forward L, R, L with ⅛ turn left (12:00) Counts 5-8& curve to 12:00

[33-40] R cross, L back, R side, L cross, R side rock, L recover, R cross, L side, hold

1234 Cross R over L, step L back, step R to side & slightly back, cross L over R
&5,6 Rock ball of R to right, recover to L, cross R over L
7,8 Step L to left, hold

Turning option: (5) turn ¼ left onto L (6) R forward turn ¾ left (7) L to left (12:00) (8) hold

Part B

[1-8] "C" hip bumps RLR, ¼ turn left & L triple forward, point R, close, point L, L sailor ¼ left

1&2 Step R to right and bump hips up R, bump L, bump down R and pop L knee to left

Optional arm motion on the lyric "Strip": (&) bring R hand to L shoulder (1) bring R hand to R shoulder (2) bring R arm down to right hip. (We affectionately call this our "Just Kidding" part because Brenda sent a video to Monica and when the music started for B, she freestyled this move and said, "Just kidding!" Monica added the move to the dance. :-)

3&4 Turn ¼ left step L forward, lock R behind L, step L forward (9:00)
5&6 Point R to right, close R to L, point L to left
7&8 Cross L behind R turning ¼ left, step R to right, step L forward (6:00)

[9-16] R forward, L point, L cross, R back, L to left, heel twists RLR and LRL

1,2 Step R forward, point L to left
3&4 Cross L over right, step R back, step L to side
5&6 Twist both heels right, left, right
7&8 Twist both heels left, right, left (weight ends left)

[17-24] "C" hip bumps RLR, ¼ turn left & L triple forward, point R, close, point L, L sailor ¼ left

1&2 Step R to right and bump hips up R, bump L, bump down R and pop L knee to left

Optional arm motion on the lyric "Strip": (&) bring R hand to L shoulder (1) bring R hand to R shoulder (2) bring R arm down to right hip.

3&4 Turn ¼ left step L forward, lock R behind L, step L forward (3:00)

5&6 Point R to right, close R to L, point L to left

7&8 Cross L behind R turning ¼ left, step R to right, step L forward (12:00)

[25-32] R forward, L point, L cross, R back, L to left, heel twists RLR and LRL

1,2 Step R forward, point L to left

3&4 Cross L over R, step R back, step L to side

5&6 Twist both heels right, left, right

7&8 Twist both heels left, right, left (weight ends left)

[33-40] R jazz boxes x2 making ⅔ turn right

1234 Cross R over L, step L back start ⅓ turn right, step R to right, step L forward finish ⅓ turn right (4:00)

*** RESTART here during 3rd B: complete first jazz box with no turn (stay facing 12:00) then restart with B**

5678 Cross R over L, step L back start ⅓ turn right, step R to right, step L forward finish ⅓ turn right (8:00)

[41-48] R jazz box ⅓ turn right, R sailor, L behind, R side, L cross

1234 Cross R over L, step L back start ⅓ turn right, step R to right, step L forward and slightly left to finish ⅓ turn right (12:00)

5&6 Cross R behind L, step L to left, step R to right

7&8 Cross L behind R, step R to right, cross L over R

Tag at end of first B: Step touches R and L, heel switches RLR, hitch, heel touch

1234 Step R to right, touch L next to R, step L to left, touch R next to L

5&6& Touch R heel forward, step R next to L, touch L heel forward, step L next to R

7&8 Touch R heel forward, hitch R knee, touch R heel down

Ending: facing 12:00, (1) step R to right and pop L knee, take R hand from L shoulder down to right side (similar to optional arms listed in Part B counts 1&2).

Please do not alter this step sheet in any way. If you would like to use it on your website, it must be used in its original format. Contact the choreographers with your question: brenshatto@yahoo.com & bhasinmonica@gmail.com
