

# Strip

拍數: 32      牆數: 4      級數: Advanced  
編舞者: Hiroko Carlsson (AUS) - December 2021  
音樂: Strip - Lena : (Spotify)



## (8 count intro)

### [S1] Shuffling, Side Shuffling, Touch Front-Back, Fwd w/ Heel Bounce Turn 1/4L

&1&2      Hitch R knee, Sprit-R forward/L back, Step R in place (centre)/hitch L knee, Sprit-L forward/R back  
&3&4      Step L in place (centre)/hitch R knee, Split feet side to side, Step R in place (centre)/hitch L knee, Split feet side to side  
&5 6      Step L in place (centre)/hitch R knee, Touch R forward, Touch R back  
7      Step forward on R  
&8&      Heel bounces on L-R-L making a 1/4 turn left (9:00)

### [S2] 3x (Back-Back Rock-1/4R), Fwd w/ Heel Bounce Turn 1/4L

1&2&      Step back on R, Rock back on L, Replace weight on R, Make a 1/4 turn right stepping back on L (12:00)  
3&4&      Step back on R, Rock back on L, Replace weight on R, Make a 1/4 turn right stepping back on L (3:00)  
5&6&      Step back on R, Rock back on L, Replace weight on R, Step forward on L  
7      Step forward on R  
&8&      Heel bounces on L-R-L making a 1/4 turn left (12:00)

### [S3] Brush Out, Brush In-Out-Dip-Heel-Dip-Brush Out, Brush In, Brush Out-Side-Together, 3x Side Jump

1 2&      Brush R foot forward, Brush R foot across L, Brush R foot forward  
3&4&      Step R together/bends your knees, Stretch up/touch L heel forward, Step L together/bends your knees, Stretch up/brush L foot forward  
5 6      Brush L foot across R, Brush L foot forward  
&7      Step L to the side, Step R next to L  
&8&      Hop to the left 3 times with feet together

### [S4] Side Mambo, Chase Turn 1/2R-Side Mambo, Fwd Rock-Back-Reverse 3/4L Hopping Turn

1&2      Rock R to the side, Replace weight on L, Step R next to L  
3&      Step forward on L, Make a 1/2 turn right recover weight on R (6:00)  
4&5      Rock L to the side, Replace weight on R, Step L next to R  
6&7      Rock forward on R, Replace weight on L, Step back on R  
&8      Making a 1/2 turn left on the spot- hop twice on R foot/hitch L knee (12:00)  
&      Make a 1/4 turn left stepping forward on L (9:00)

End of Wall 1: Add Tag 1 (9:00)

End of Wall 2: Add Tag 2 + Tag 1 (6:00)

End of Wall 3: Add Tag 1 (3:00)

End of Wall 4: Add Tag 2 (12:00)

End of Wall 5: Add Tag 3 (9:00)

End of Wall 6: Add Tag 2 - Ending suggestion: Ball step on R foot, Make a swift 1/4 turn left stepping forward on L

## [Tag 1] 8 counts -

### [S1] V Step, Fwd Rock-1/4R, V Step, Fwd Rock-1/4L

1&2&      Step R diagonally forward right, Step L diagonally forward left, Step R back to the centre.  
Step L back next to R

- 3&4 Rock forward on R, Replace weight on L, Make a 1/4 turn right stepping forward on R  
 5&6& Step L diagonally forward left, Step R diagonally forward right, Step L back to the centre.  
 Step R back next to L  
 7&8 Rock forward on L, Replace weight on R, Make a 1/4 turn left stepping forward on L

**[Tag 2] 16 counts -**

**[S1] Fwd-Kick-Back-1/4R-Fwd-Step-Pivot 1/2L-Fwd, Fwd-Kick-Back-1/4L-Fwd-Step-Pivot 1/2R-Fwd**

- 1&2& Step forward on R, Kick L forward, Step back on L, Make a 1/4 turn right stepping forward on R  
 3&4& Step forward on L, Step forward on R, Make a 1/2 turn left recover weight on L, Step forward on R  
 5&6& Step forward on L, Kick R forward, Step back on R, Make a 1/4 turn left stepping forward on L  
 7&8& Step forward on R, Step forward on L, Make a 1/2 turn right recover weight on R, Step forward on L

**[S2] Apple Jack to R&L, Scissor-Cross Heel Touches**

- 1&2 Travelling to the right -Swivel L heel to the right/swivel R toes to the right, Swivel L toes to the right/swivel R heel to the right, Swivel L heel to the right/swivel R toes to the right  
 3&4 Travelling to the left -Swivel L heel to the left/swivel R toes to the left, Swivel L toes to the left/swivel R heel to the left, Swivel L heel to the left/swivel R toes to the left  
 5& Step R to the right, Step L next to R  
 6 7 8 Take your weight onto L-Touch R heel across L 3 times

**[Tag 3] 4 counts - 2 V Step w/step change**

- 1&2& Step R diagonally forward right, Step L diagonally forward left, Step R back to the centre.  
 Step L back next to R  
 3&4& Step R diagonally forward right, Step L diagonally forward left, Step R back to the centre.  
 Step L back and hitch R knee - then, starts from count 1 (main dance)

**Please feel free to contact me if you need any further information.([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
 (updated: 1/Dec/21)**

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