

Bare (P)

拍數: 64 牆數: 0 級數: Partner
編舞者: Michelle Chandonnet (CAN) & Marc Archambault (CAN)
音樂: Bare Essentials - Lee Kernaghan



Position: Side-By-Side

DOUBLE KICK, PIVOT ¼ TURN, HOLD, SWIVELS, HOLD

1-2 Double kick right in front of left at 11:00
3-4 Pivot ¼ turn to right on ball of left stepping right beside left, hold

Indian Position. Man behind Lady facing OLOD

5-6 Twist heels to right, twist toes to right
7-8 Twist heels to center, hold

MONTEREY TURN, SWIVELS, HOLD

On count 2, release left hand and raise right arm over lady's head.

1-2 Touch left to left, pivot ½ turn to left on ball of right stepping left beside right lady's behind man facing ILOD

Retake left hand. Arms down.

3-4 Touch right to right, step right beside left
5-6 Twist heels to right, twist toes to right
7-8 Twist heels to center, hold

MONTEREY TURN, GRAPEVINE ¼ TURN, SCUFF

On count 2, release right hand and raise left arm over lady's head.

1-2 Touch left to left, pivot ½ turn to left on ball of right stepping left beside right

Retake right hand in Indian Position. Man's behind lady facing OLOD

3-4 Touch right to right, step right beside left
5-6 Step left to left, step right behind left
7-8 Step left ¼ turn to left, scuff right

STEP, LOCK, STEP, SCUFF, STEP, LOCK, STEP, SCUFF

1-2 Step right to right at 2:00, slide left behind right
3-4 Step right to right at 2:00, scuff left
5-6 Step left to left at 10:00, slide right behind left
7-8 Step left to left at 10:00, scuff right

JUMP, CLAP, JUMP, CLAP, GRAPEVINE, SCUFF

Release hands.

&1-2 Jump right, left forward (&1), clap (2)
&3-4 Jump right, left backward (&3), clap (4)

Return to side-by-side position

5-6 Step right to right, step left behind right
7-8 Step right to right, scuff left

DIAGONAL TOE STRUT, DIAGONAL TOE STRUT, GRAPEVINE, SCUFF

1-2 Touch left toes to left at 10:00, drop left heel
3-4 Touch right toes to right at 2:00, drop right heel
5-6 Step left to left, step right behind left
7-8 Step left to left, scuff right

MAN: STEP, SLIDE, STEP, SCUFF, STEP, SLIDE, STEP, SCUFF / LADY: STEP, SLIDE, STEP, SCUFF, STEPS FULL TURN, SCUFF

1-2 Step right forward, slide left beside right

3-4 Step right forward, scuff left

5-8 **MAN:** Step left forward, slide right beside left, step left forward, scuff right

LADY: Step left-right-left full turn to right, scuff right

JAZZ BOX, SCUFF, JAZZ BOX, STOMP

1-2 Step right in front of left, step left back

3-4 Step right to right, scuff left

5-6 Step left in front of right, step right back

7-8 Step left to left, stomp right beside left

REPEAT
