

Bare Essentials

拍數: 64 牆數: 4 級數:
編舞者: Ally Crabtree (AUS)
音樂: Bare Essentials - Lee Kernaghan



- 1-3 Swivel right heel right, swivel right toes right, swivel right heel center
4 Touch left toes beside right instep
5-6 Step left turning $\frac{1}{4}$ left, touch right toes beside left instep
7-8 Step right turning $\frac{1}{4}$ right, step left beside right instep
- 9-11 Swivel left heel left, swivel left toes left, swivel left heel center
12 Touch right toes beside left instep
13-14 Step right turning $\frac{1}{4}$ right, touch left toes beside right instep
15-16 Step left turning $\frac{1}{4}$ left, touch right toes beside left instep
- 17-18 Kick right heel forward at a diagonal step right behind left
19-20 Kick left heel forward at a diagonal, step left behind right
21-22 Kick right heel forward at a diagonal, step right behind left
23-24 Kick left heel forward at a diagonal, step left behind right
- 25&26 Shuffle right forward (right, left, right)
27-28 Step left forward, pivot $\frac{1}{2}$ turn right
29&30 Shuffle left forward (left, right, left)
31-32 Step right forward, pivot turn $\frac{1}{4}$ left
- 33-34 Touch right heel forward at a diagonal, brush right up to right knee
35-36 Touch right heel forward at a diagonal, step right beside left
37-38 Touch left heel forward at a diagonal, brush left up to left knee
39-40 Touch left heel forward at a diagonal, step left beside right
- 41-42 Jump with feet apart, jump crossing right over left
43-44 Unwind turn $\frac{1}{2}$ left, clap
45-46 Jump with feet apart, jump crossing left over right
47-48 Unwind $\frac{1}{2}$ turn right, clap
- 49-50 Touch right to right, step right behind left turning $\frac{1}{2}$ right
51-52 Touch left toe to left, step left beside right
53-54 Touch right to right, step right behind left turning $\frac{1}{2}$ right
55-56 Touch left to left, step left beside right
- 57 Swivel left heel and right toes right (commencing $\frac{1}{2}$ turn right)
58 Swivel right heel and left toes right (continuing $\frac{1}{2}$ turn right)
59 Swivel left heel and right toes right (continuing $\frac{1}{2}$ turn right)
60 Swivel right heel and left toes right (continuing $\frac{1}{2}$ turn right)
61 Swivel left heel and right toes right (continuing $\frac{1}{2}$ turn right)
62 Swivel right heel and left toes right (continuing $\frac{1}{2}$ turn right)
63 Swivel left heel and right toes right (continuing $\frac{1}{2}$ turn right)
64 Swivel right heel and left toes to center (completing turn $\frac{1}{2}$ right)

REPEAT

