

# Bare Essentials

**COPPERKNOB**  
BY STEPHEN METZ

拍數: 32      牆數: 0      級數: Beginner  
編舞者: Chris Sander (UK)  
音樂: Bare Essentials - Lee Kernaghan



## **(RIGHT) VINE 3, SCUFF, FORWARD, SCUFF, FORWARD, STAMP**

- 1-4            Step right foot to right, cross left foot behind right foot, step right foot to right, scuff left heel past right foot  
5-6            Step left foot forward, scuff right heel past left foot  
7-8            Step right foot forward, stamp left foot alongside right foot (no weight)

## **BACK RUN 3, STAMP**

- 9-12           Step left foot back, step right foot back, step left foot back, stamp right foot alongside left foot (no weight)

## **SIDE ROCK 2, FRONT CROSS, CLAP; TWICE**

- 13-16           Rock right foot to right, recover left foot, cross right foot in front of left foot, clap  
17-20           Rock left foot to left, recover right foot, cross left foot in front of right foot, clap

## **SIDE PADDLE 2, PADDLE 2**

- 21-22           Rock right foot to right, turning  $\frac{1}{4}$  left recover left foot  
23-24           Rock forward right foot, turning  $\frac{1}{4}$  left recover left foot

## **2 RIGHT HEEL DROPS, 2 LEFT HEEL DROPS, TWIST 3, HOLD**

- 25-26           Drop right heel twice transferring weight to right foot 2nd time  
27-28           Drop left heel twice transferring weight evenly on 2nd time  
29-32           Twist both heels left, twist both heels right, twist both heel left, hold (transferring weight to left foot)

**REPEAT**

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