

Bare Essentials

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



3rd Place in the 64 beat competition at Tamworth 1999

- 1-4 Step right forward at 45 degrees as you bump hips double right, bump hips double left (hip bumps)
- 5-8 Roll hips right-left-right-left
- 9-12 Right toe back, hold, ¼ turn right, hold
- 13-16 Right toe back, hold, ¼ turn right, hold
- 17-20 Step right forward, lock left behind right, step right forward, scuff left through
- 21-24 Step left forward, ½ turn right, stomp left, stomp right
- 25-28 Stomp right forward with hands out to either side, hold for 3 beats
- 29-32 Slow ¼ turn left as you are dipping knees -- hands still out to either side
- Shimmy shoulders as you complete the next 8 beats**
- 33-34 Right toe to side, drop heel to floor & click fingers
- 35-36 Left toe over right, drop heel to floor & click fingers
- 37-38 Right toe to side, drop heel to floor & click fingers
- 39-40 Left toe over right, drop heel to floor & click fingers
- 41-44 Rock on right to right side, back onto left, cross right over left, step left to left side
- 45-48 Cross right behind left, step ¼ left on left foot, step right foot forward, pivot ¼ turn left (weight on left foot)
- 49-52 Kick right foot forward, kick right foot side, slap right heel behind left with left hand, step down onto right taking left foot slightly off the floor
- 53-56 Kick left forward, kick left to side, slap left heel behind right with right hand, step left together (weight on left foot)
- 57-60 Cross right toe behind left taking both hands (right hand is across body) and turning head to left, hold for 3 beats
- 61-64 Point right to side, hitch right knee and click right fingers, point right to side, hitch right knee and click right fingers

REPEAT
