

Strip Me

拍數: 48 牆數: 1 級數: Phrased Intermediate
編舞者: Larry Schmidt (USA) - December 2010
音樂: Strip Me - Natasha Bedingfield : (CD: Strip Me - Deluxe Version)



Start dancing on lyrics

Sequence: 32-count intro, AAB, A, A-, B, A, A-, B, A-, B, A- (A- is the first 16 counts of A)

Part A

Kick & Touch & Kick & Cross, Scissors Step, Bump, Bump, Bump

1&2 Kick right forward, step right together, touch left behind right
&3&4 Step left together, cross/kick right over left, step right together, cross left over right
5&6 Step right to side, step left together, cross right over left
7&8 Step left to side bumping hips left, bump hips right, bump hips left. (weight ending on left)

Back Rock, Side Rock, Sailor With ¼ Turn And Cross, Side, ¼ Turn Side, ¼ Turn, Side, ¼ Turn, Side

1&2& Cross/rock right behind left, recover to left, rock right right, recover to left
3&4 Cross right behind left, turn ¼ right and step left to side, cross right over left
5&6& Rock left to side, turn ¼ right to right, rock left to side, turn ¼ right to right
7&8 Rock left to side, turn ¼ right to right, step left to side

Sailor With ¼ Turn, Triple Forward, Step-½ Pivot-Step Full Turning Triple

1&2 Cross right behind left, turn ¼ right and step left to side, step right forward
3&4 Chassé forward left, right, left
5&6 Step right forward, pivot ½ left to left, step right forward
7&8 Triple full turn in place left, right, left

Run-Run-Run-Run, Coaster Step, Triple ½ Turn, Step, ¼ Pivot

1&2& Step right forward, step left forward, step right forward, step left forward
3&4 Step right forward, step left together, step right back
5&6 Turn ¼ left and step to left, step right together, turn ¼ left and step left forward
7-8 Step right forward, pivot ¼ left to left

Part B

Cross Rock, Recover, Triple With ¼ Turn, ¼ Turn With Touch Side With Touch, Triple Left

1-2 Cross/rock right over left, recover to left
3&4 Turn ¼ right and step right forward, step left together, step right forward
5-6 Turn ¼ right to left side to the left and touching right together, step right to side and touch left together

Think hop to side while bringing the other together with the weighted, left then right

7&8 Chassé side left, right, left

Cross Rock, Recover, Triple With ¼ Turn, ¼ Turn With Touch Side With Touch, Triple Left

1-2 Cross/rock right over left, recover to left
3&4 Step right to side, step left together, turn ¼ right and step right forward
5-6 Turn ¼ right to left side to the left and touching right together, step right to side and touch left together

Think hop to side while bringing the other together with the weighted, left then right

7&8 Chassé side left, right, left