

# Bare Essentials

Compte: 64

Mur: 4

Niveau:

Chorégraphe: Carly Dimond (AUS)

Musique: Bare Essentials - Lee Kernaghan



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## 3rd Place in the 64 beat competition at Tamworth 1999

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|--|---|
| 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   |
| <b>Shimmy shoulders as you complete the next 8 beats</b> |   |
| 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**

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