

Bare Essentials

Compte: 64

Mur: 4

Niveau:

Chorégraphe: Carly Dimond (AUS)

Musique: 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
