

Strip It Down, Down, Down

COPPER KNOB
STEP SHEETS

拍数: 16 墙数: 2 级数: Beginner - NC2S
编舞者: Brenda Shatto (USA) - January 2016
音乐: Strip It Down - Luke Bryan : (4:01)



Note: This can be used as a split floor dance for Rachel's intermediate dance of the same name. Her choreography was the inspiration for many of the steps in this beginner dance.

Intro: 16 counts

[1-9] □ Left nightclub basic, right nightclub basic, ¼ turn left step L forward -R sweep, R cross, L back, R back, left coaster □

1 2 & Step L to left side (1), close R slightly behind L (2), cross L over R (&) □ 12:00
3 4 & Step R to right side (3), close L slightly behind R (4), cross R over L (&) □ 12:00
5 Turn ¼ left stepping left forward while sweeping right forward, □ 9:00
6&7 Cross right over left, step left back, step right back, □ 9:00
8&1 Step left back, step right next to left, step left forward and slightly out 9:00

[10-16] □ R touch, turn ½ left- step R, L touch, turn ½ left- step L, R touch, step R, L behind, R to side, L cross, R side rock and cross □

&2& (Step-touches make a gradual ¼ turn to left) Touch R next to L, step R to R beginning ¼ turn left, touch L next to R □ 7:30
3&4 Step L to left, touch R next to L finishing ¼ turn left, step right to right

Styling: On step-touches keep knees soft and sway your hips side to side □ 6:00

5&6 Cross L behind R, step R to right side, cross L over R □ 6:00
7&8 Rock R to right side, recover to left, cross R over L □ 6:00

Please do not alter this step sheet in any way. If you would like to use it on your website, it must be used in its original format. Contact the choreographer with your questions.

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