

Strip

拍数: 32 墙数: 4 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - December 2021
音乐: Strip - Lena : (Spotify)



(8 count intro)

[S1] Shuffling, Side Shuffling, Touch Front-Back, Fwd w/ Heel Bounce Turn 1/4L

1&2 Hitch R knee, Sprit-R forward/L back, Step R in place (centre)/hitch L knee, Sprit-L forward/R back
3&4 Step L in place (centre)/hitch R knee, Split feet side to side, Step R in place (centre)/hitch L knee, Split feet side to side
5 6 Step L in place (centre)/hitch R knee, Touch R forward, Touch R back
7 Step forward on R
&8& Heel bounces on L-R-L making a 1/4 turn left (9:00)

[S2] 3x (Back-Back Rock-1/4R), Fwd w/ Heel Bounce Turn 1/4L

1&2& Step back on R, Rock back on L, Replace weight on R, Make a 1/4 turn right stepping back on L (12:00)
3&4& Step back on R, Rock back on L, Replace weight on R, Make a 1/4 turn right stepping back on L (3:00)
5&6& Step back on R, Rock back on L, Replace weight on R, Step forward on L
7 Step forward on R
&8& Heel bounces on L-R-L making a 1/4 turn left (12:00)

[S3] Brush Out, Brush In-Out-Dip-Heel-Dip-Brush Out, Brush In, Brush Out-Side-Together, 3x Side Jump

1 2& Brush R foot forward, Brush R foot across L, Brush R foot forward
3&4& Step R together/bends your knees, Stretch up/touch L heel forward, Step L together/bends your knees, Stretch up/brush L foot forward
5 6 Brush L foot across R, Brush L foot forward
&7 Step L to the side, Step R next to L
&8& Hop to the left 3 times with feet together

[S4] Side Mambo, Chase Turn 1/2R-Side Mambo, Fwd Rock-Back-Reverse 3/4L Hopping Turn

1&2 Rock R to the side, Replace weight on L, Step R next to L
3& Step forward on L, Make a 1/2 turn right recover weight on R (6:00)
4&5 Rock L to the side, Replace weight on R, Step L next to R
6&7 Rock forward on R, Replace weight on L, Step back on R
&8 Making a 1/2 turn left on the spot- hop twice on R foot/hitch L knee (12:00)
& Make a 1/4 turn left stepping forward on L (9:00)

End of Wall 1: Add Tag 1 (9:00)

End of Wall 2: Add Tag 2 + Tag 1 (6:00)

End of Wall 3: Add Tag 1 (3:00)

End of Wall 4: Add Tag 2 (12:00)

End of Wall 5: Add Tag 3 (9:00)

End of Wall 6: Add Tag 2 - Ending suggestion: Ball step on R foot, Make a swift 1/4 turn left stepping forward on L

[Tag 1] 8 counts -

[S1] V Step, Fwd Rock-1/4R, V Step, Fwd Rock-1/4L

1&2& Step R diagonally forward right, Step L diagonally forward left, Step R back to the centre.
Step L back next to R

- 3&4 Rock forward on R, Replace weight on L, Make a 1/4 turn right stepping forward on R
 5&6& Step L diagonally forward left, Step R diagonally forward right, Step L back to the centre.
 Step R back next to L
 7&8 Rock forward on L, Replace weight on R, Make a 1/4 turn left stepping forward on L

[Tag 2] 16 counts -

[S1] Fwd-Kick-Back-1/4R-Fwd-Step-Pivot 1/2L-Fwd, Fwd-Kick-Back-1/4L-Fwd-Step-Pivot 1/2R-Fwd

- 1&2& Step forward on R, Kick L forward, Step back on L, Make a 1/4 turn right stepping forward on R
 3&4& Step forward on L, Step forward on R, Make a 1/2 turn left recover weight on L, Step forward on R
 5&6& Step forward on L, Kick R forward, Step back on R, Make a 1/4 turn left stepping forward on L
 7&8& Step forward on R, Step forward on L, Make a 1/2 turn right recover weight on R, Step forward on L

[S2] Apple Jack to R&L, Scissor-Cross Heel Touches

- 1&2 Travelling to the right -Swivel L heel to the right/swivel R toes to the right, Swivel L toes to the right/swivel R heel to the right, Swivel L heel to the right/swivel R toes to the right
 3&4 Travelling to the left -Swivel L heel to the left/swivel R toes to the left, Swivel L toes to the left/swivel R heel to the left, Swivel L heel to the left/swivel R toes to the left
 5& Step R to the right, Step L next to R
 6 7 8 Take your weight onto L-Touch R heel across L 3 times

[Tag 3] 4 counts - 2 V Step w/step change

- 1&2& Step R diagonally forward right, Step L diagonally forward left, Step R back to the centre.
 Step L back next to R
 3&4& Step R diagonally forward right, Step L diagonally forward left, Step R back to the centre.
 Step L back and hitch R knee - then, starts from count 1 (main dance)

Please feel free to contact me if you need any further information.(hirokoinedancing@gmail.com)
(updated: 1/Dec/21)
