

# Bare Essentials

**COPPERKNOB**  
STEPSHEETS

拍数: 32      墙数: 0      级数: Beginner  
编舞者: Chris Sander (UK)  
音乐: Bare Essentials - Lee Kernaghan



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## (RIGHT) VINE 3, SCUFF, FORWARD, SCUFF, FORWARD, STAMP

- 1-4      Step right foot to right, cross left foot behind right foot, step right foot to right, scuff left heel past right foot
- 5-6      Step left foot forward, scuff right heel past left foot
- 7-8      Step right foot forward, stamp left foot alongside right foot (no weight)

## BACK RUN 3, STAMP

- 9-12      Step left foot back, step right foot back, step left foot back, stamp right foot alongside left foot (no weight)

## SIDE ROCK 2, FRONT CROSS, CLAP; TWICE

- 13-16      Rock right foot to right, recover left foot, cross right foot in front of left foot, clap
- 17-20      Rock left foot to left, recover right foot, cross left foot in front of right foot, clap

## SIDE PADDLE 2, PADDLE 2

- 21-22      Rock right foot to right, turning  $\frac{1}{4}$  left recover left foot
- 23-24      Rock forward right foot, turning  $\frac{1}{4}$  left recover left foot

## 2 RIGHT HEEL DROPS, 2 LEFT HEEL DROPS, TWIST 3, HOLD

- 25-26      Drop right heel twice transferring weight to right foot 2nd time
- 27-28      Drop left heel twice transferring weight evenly on 2nd time
- 29-32      Twist both heels left, twist both heels right, twist both heel left, hold (transferring weight to left foot)

## REPEAT

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