



BARE ESSENTIALS

Chorégraphe : Tiziana NASTASI
Description : Country Line Dance - 32 comptes – 4 murs
Niveau : Débutant
Musique : Bare Essentials / Lee KERNAGHAN

Intro : 32 comptes

1-8 GRAPEVINE, SIDE TOGETHER TO LEFT, SIDE TOGETHER TO RIGHT

- 1-4 Step right to side, step left behind right, step right to side, touch left next to right
- 5-6 Step left side, touch right next to left
- 7-8 Step right side, touch left next to right

9-16 GRAPEVINE & ¼ TURN, SCUFF, ROCKINCHAIR

- 1-4 Step left to side, step right behind left, ¼ turn & step left forward, scuff right
- 5-8 Step right forward, recover, step right back, recover

17-24 TOE STRUT X 4

- 1-2 Step right toe forward, drop right heel to the floor
- 3-4 Step left toe forward, drop left heel to the floor
- 5-6 Step right toe forward, drop right heel to the floor
- 7-8 Step left toe forward, drop left heel to the floor

25-32 STOMP-HOLD X 2, POINT FORWARD-SIDE-BEHIND, SCUFF

- 1-2 Stomp right to side, hold
- 3-4 Stomp left to side, hold (weight to left)
- 5-6 Point right forward, point right to the right side,
- 7-8 Point right behind the left foot, scuff right diagonal

Reprendre en vous amusant ! ! ! ! Soyez « Funny »