

Bare Essentials

32 Count, 2 Wall, Beginner

Choreographer: Chris Sander (Aug 2008)

Choreographed to: Bare Essentials by
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 ¼ left recover left foot
23-24 Rock forward right foot, turning ¼ 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)
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