

BARE ESSENTIALS

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Count: 32 **Wall:** — **Level:** Beginner

Choreographer: Chris Sander

Music: Bare Essentials by Lee Kernaghan

(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