

# BARE ESSENTIALS

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**Count:** 64      **Wall:** 4      **Level:** —

**Choreographer:** Carly Dimond

**Music:** Bare Essentials by Lee Kernaghan

## **3rd Place in the 64 beat competition at Tamworth 1999**

**1-4**      Step right forward at 45 degrees as you bump hips double right, bump hips double left (hip bumps)

**5-8**      Roll hips right-left-right-left

**9-12**      Right toe back, hold,  $\frac{1}{4}$  turn right, hold

**13-16**      Right toe back, hold,  $\frac{1}{4}$  turn right, hold

**17-20**      Step right forward, lock left behind right, step right forward, scuff left through

**21-24**      Step left forward,  $\frac{1}{2}$  turn right, stomp left, stomp right

**25-28**      Stomp right forward with hands out to either side, hold for 3 beats

**29-32**      Slow  $\frac{1}{4}$  turn left as you are dipping knees -- hands still out to either side

## **Shimmy shoulders as you complete the next 8 beats**

**33-34**      Right toe to side, drop heel to floor & click fingers

**35-36**      Left toe over right, drop heel to floor & click fingers

**37-38**      Right toe to side, drop heel to floor & click fingers

**39-40**      Left toe over right, drop heel to floor & click fingers

**41-44**      Rock on right to right side, back onto left, cross right over left, step left to left side

**45-48**      Cross right behind left, step  $\frac{1}{4}$  left on left foot, step right foot forward, pivot  $\frac{1}{4}$  turn left (weight on left foot)

- 49-52** Kick right foot forward, kick right foot side, slap right heel behind left with left hand, step down onto right taking left foot slightly off the floor
- 53-56** Kick left forward, kick left to side, slap left heel behind right with right hand, step left together (weight on left foot)
- 57-60** Cross right toe behind left taking both hands (right hand is across body) and turning head to left, hold for 3 beats
- 61-64** Point right to side, hitch right knee and click right fingers, point right to side, hitch right knee and click right fingers

**REPEAT**