



Bare Essentials

Choreographed by Carly Dimond Description: 64 count, 4 wall line dance

Music: ***Bare Essentials*** by Lee Kernaghan

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)