



# Bare Essentials



Carly Dimond

INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 & 2 3 & 4 5 - 8	<b>Forward Hip Bumps, Back Hip Bumps, Hips Right Left Right Left.</b> Step right diagonally forward right bumping hips Right & Right. Bump hips back - Left & Left. Bump hips - Right, Left, Right, Left.	Right & Right Left & Left Right Left Right Left	On the spot
<b>Section 2</b> 1 - 2 3 - 4 5 - 6 7 - 8	<b>Touch Back, Hold, 1/4 Turn Right Hold, x 2.</b> Touch right toe back. Hold With weight on left make 1/4 turn right. Hold. Touch right toe back. Hold With weight on left make 1/4 turn right. Hold.	Back. Hold. Turn. Hold. Back. Hold. Turn. Hold.	On the spot Turning right On the spot Turning right
<b>Section 3</b> 1 - 2 3 - 4 5 - 6 7 - 8	<b>Step Lock Step Scuff, Step 1/2 Pivot, Stomp, Stomp.</b> Step forward right. Lock left behind right. Step forward right. Scuff left beside right. Step forward left. Pivot 1/2 turn right. Stomp forward left. Stomp forward right.	Step. Lock. Step. Scuff. Step. Pivot. Stomp. Stomp.	Forward  Turning right Forward
<b>Section 4</b> 1 - 4 5 - 8	<b>Stomp, Hold, Turn 1/4 Left (Slowly Over 3 Counts)</b> Stomp forward right. Hold for 3 counts. (Hands out to sides) Slowly make 1/4 turn left whilst dipping knees (Hands still out)	Stomp 2 3 4 Turn 2 3 4	Forward Turning left
<b>Section 5</b> 1 - 2 3 - 4 5 - 6 7 - 8 <b>Note:</b>	<b>Side Strut, Cross Strut, Side Strut, Cross Strut.</b> Step right toes to right side. Drop right heel taking weight & click fingers. Step left toes across right. Drop left heel taking weight & click fingers. Step right toes to right side. Drop right heel taking weight & click fingers. Step left toes across right. Drop left heel taking weight & click fingers. Shimmy shoulders as you complete above steps.	Side Strut Cross Strut Side Strut Cross Strut	Right
<b>Section 6</b> 1 - 2 3 - 4 5 - 6 7 - 8	<b>Rock Recover, Cross Side, Behind 1/4 Turn, Step 1/4 Turn.</b> Rock right to right side. Rock onto left in place. Cross right over left. Step left to left side. Cross right behind left. Step left 1/4 turn left. Step forward right. Pivot 1/4 turn left. (Weight on left)	Rock. Recover. Cross. Side. Behind. Turn. Step. Turn.	On the spot  Turning left Left
<b>Section 7</b> 1 - 2 3 - 4 5 - 6 7 - 8	<b>Kick Kick, Slap Step, Kick Kick, Slap Step.</b> Kick right forward. Kick right to right side. Hook right heel behind left knee & slap with left hand. Step down on right. Kick left forward. Kick left to left side. Hook left heel behind right knee & slap with right hand. Step down on left.	Kick. Kick. Slap. Step. Kick. Kick. Slap. Side.	On the spot
<b>Section 8</b> 1 2 - 4 5 - 6 7 - 8	<b>Behind, Hold, Point Hitch, Point Hitch.</b> Point / Cross right toe behind left, crossing hands across chest. Turn head to left and hold for 3 beats. Point right to right side. Hitch right knee and click right fingers. Point right to right side. Hitch right knee and click right fingers.	Cross 2 3 4 Point. Hitch. Point. Hitch.	On the spot

**4 Wall Line Dance:-** 64 Counts. Intermediate Level.

**Choreographed by:-** Carly Dimond (Australia).

**Choreographed to:-** 'Bare Essentials' by Lee Kernaghan (170 bpm) from Hit From The Jukebox Vol 2.