



Strip!

Choreographers: Brenda Shatto (USA), Monica Bhasin (India), & I.C.E., July 2021

88 counts, 1 wall, Phrased Intermediate level

Song: Strip by Lena Meyer-Landrut, Single, 2:47

Note: A= 40 counts, B= 48 counts, 1 tag, 1 restart

Sequence: A B tag A B B*restart B (It's a lot simpler than it seems! We promise!)

Intro: 8 counts, 5 seconds

Part A

1-8 R side, L close, R forward lock, L side, R close, L extended back lock

1,2 Step R to right, close L to R

3&4 R forward, L lock behind R, R forward

5,6 Step L to left, close R to L

7&8& Step L back, cross R over L, step L back, cross R over L

9-16 L back, R close, L lock step, R forward, ½ turn left, R cross, shoulder pops LRL

1,2 Step L back, step R next to L

3&4 Step L forward, R lock behind L, L forward

5&6 R forward, turn ½ left weight to L, step R forward & slightly across while lifting R shoulder up (6:00)

&8& Pop shoulders: L up, R up, L up (opposite shoulder moves downward)

17-24 L side, R cross, L scissor, R side, L cross, R scissor

1,2 Step L to left, cross R over L

3&4 Step L to left, close R to L, cross L over R (facing 7:30)

5,6 Step R to right, cross L over R

7&8 Step R to right, close L to R, cross R over L (facing 4:30)

25-32 L ball step, R cross rocking chair, walk around RLR & run LRL to 12:00

&1,2 Small step L, cross rock R, recover L

3,4 Rock back R, recover L (still facing 4:30)

5&6 Walk R forward, L forward ⅛ turn left, R forward ⅛ turn left (1:30)

&8& Run forward L, R, L with ⅛ turn left (12:00) **Counts 5-8& curve to 12:00**

33-40 R cross, L back, R side, L cross, R side rock, L recover, R cross, L side, hold

1234 Cross R over L, step L back, step R to side & slightly back, cross L over R

&5,6 Rock ball of R to right, recover to L, cross R over L

7,8 Step L to left, hold

Turning option: (5) turn ¼ left onto L (6) R forward turn ¾ left (7) L to left (12:00) (8) hold

Part B

1-8 "C" hip bumps RLR, ¼ turn left & L triple forward, point R, close, point L, L sailor ¼ left

1&2 Step R to right and bump hips up R, bump L, bump down R and pop L knee to left

Optional arm motion on the lyric "Strip": (&) bring R hand to L shoulder (1) bring R hand to R shoulder (2) bring R arm down to right hip. (We affectionately call this our "Just Kidding" part because Brenda sent a video to Monica and when the music started for B, she freestyled this move and said, "Just kidding!" Monica added the move to the dance. :-)

- 3&4 Turn ¼ left step L forward, lock R behind L, step L forward (9:00)
5&6 Point R to right, close R to L, point L to left
7&8 Cross L behind R turning ¼ left, step R to right, step L forward (6:00)

9-16 R forward, L point, L cross, R back, L to left, heel twists RLR and LRL

- 1,2 Step R forward, point L to left
3&4 Cross L over right, step R back, step L to side
5&6 Twist both heels right, left, right
7&8 Twist both heels left, right, left (weight ends left)

17-24 “C” hip bumps RLR, ¼ turn left & L triple forward, point R, close, point L, L sailor ¼ left

- 1&2 Step R to right and bump hips up R, bump L, bump down R and pop L knee to left
Optional arm motion on the lyric “Strip”: (&) bring R hand to L shoulder (1) bring R hand to R shoulder (2) bring R arm down to right hip.

- 3&4 Turn ¼ left step L forward, lock R behind L, step L forward (3:00)
5&6 Point R to right, close R to L, point L to left
7&8 Cross L behind R turning ¼ left, step R to right, step L forward (12:00)

25-32 R forward, L point, L cross, R back, L to left, heel twists RLR and LRL

- 1,2 Step R forward, point L to left
3&4 Cross L over R, step R back, step L to side
5&6 Twist both heels right, left, right
7&8 Twist both heels left, right, left (weight ends left)

33-40 R jazz boxes x2 making ⅔ turn right

- 1234 Cross R over L, step L back start ⅓ turn right, step R to right, step L forward finish ⅓ turn right (4:00)
*** RESTART here during 3rd B: complete first jazz box with no turn (stay facing 12:00) then restart with B**
5678 Cross R over L, step L back start ⅓ turn right, step R to right, step L forward finish ⅓ turn right (8:00)

41-48 R jazz box ⅓ turn right, R sailor, L behind, R side, L cross

- 1234 Cross R over L, step L back start ⅓ turn right, step R to right, step L forward and slightly left to finish ⅓ turn right (12:00)
5&6 Cross R behind L, step L to left, step R to right
7&8 Cross L behind R, step R to right, cross L over R

Tag at end of first B: Step touches R and L, heel switches RLR, hitch, heel touch

- 1234 Step R to right, touch L next to R, step L to left, touch R next to L
5&6& Touch R heel forward, step R next to L, touch L heel forward, step L next to R
7&8 Touch R heel forward, hitch R knee, touch R heel down

Ending: facing 12:00, (1) step R to right and pop L knee, take R hand from L shoulder down to right side (similar to optional arms listed in Part B counts 1&2).