

Bass Ackwards

拍数: 40 墙数: 2 级数: Intermediate/Advanced
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音乐: Walkin' on Me - Big House



HEEL TAPS WITH HEEL SPLITS

- 1 Touch right heel forward in front of left foot
- & Step right foot next to left
- 2 Touch left heel forward in front of right foot
- & Step left foot next to right
- 3 Stomp right foot in place
- & Split heels apart
- 4 Bring heels back together

WALK BACK WITH TOE SPLITS

- 5 Step right foot back while making a 45 degree angle to right
- 6 Step left foot back while making a 45 degree angle to left
- 7 Step right foot next to left
- & Split toes apart
- 8 Bring toes back together

KICK AND TOUCHES / CIRCLING TO LEFT

- 1 Kick right foot forward
- & Step right foot next to left while making a ¼ turn to the left
- 2 Point left toes to left side
- 3 Kick left foot forward
- & Step left foot next to right while making a ¼ turn to the left
- 4 Point right toes to right side
- 5-8 Repeat steps 1-4

BOX STEP / CROSSOVER / STOMP

- 1 Cross right foot over left
- 2 Step back on left foot
- & Step back on right foot
- 3 Cross left foot over right
- 4 Stomp right foot next to left
- 5 Cross left foot over right

- 6 Step back on right
- & Step back on left
- 7 Cross right foot over left
- 8 Stomp left next to right

SIDE TOUCHES / HEEL TOUCHES

- 1 Touch right toe to right side
- & Step right foot next to left
- 2 Touch left toe to left side
- & Step left next to right
- 3 Touch right heel forward
- & Step on right next to left
- 4 Touch left heel forward

REACH BACK ½ TURN, SCUFF STOMP

- 5 Reach back with left foot
- & Execute a half turn to left while dropping left heel and lifting right heel
- 6 Drop right heel and place your weight on it
- 7 Step forward with left foot
- & Bring right foot forward and scuff
- 8 Stomp right foot in front of left foot at a 45 degree angle to right

HEEL OUT AND SWIVEL

- 1 Fan right heel out
- & Bring right heel back in
- 2 Fan right heel out
- & Bring right heel back in
- 3 Fan right heel to right and fan left toe to left (this will make the lower body swivel)
- & Bring right heel and left toe back to position
- 4 Fan right heel to right and fan left toe to left (this will make the lower body swivel)
- & Bring right heel and left toe back to position

OUT-IN-OUT / TOE-HEELS IN

- 5 Jump both feet apart
- & Jump both feet together
- 6 Jump both feet apart
- 7 Point toes in putting weight on toes
- & Bring both heels in
- 8 Bring toes in to make feet face forward

REPEAT
