

# Back To Basics

拍数: 32                      墙数: 2                      级数: Improver  
编舞者: Michelle Secor  
音乐: Kiss This - Aaron Tippin



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## TOE POINTS, SWEEP, CHANGE WEIGHT

- 1-2                      Touch right toe forward, touch right toe to right
- &3                      Side bring right foot next to left, point left toe to left
- &4                      Bring left foot next to right, point right toe to right
- &5-6                    Bring right foot in, point left to left side, point left forward
- 7-8                      Sweep left foot around and behind right foot, take weight bringing right heel up

## SHUFFLE FORWARD, STEP BACK AND TOUCH, KICK AND POINT, KICK AND POINT

- 1&2                      Shuffle forward right-left-right
- 3-4                      Step back on left, touch right foot in front of left
- 5&6                      Kick right foot forward, bring right next to left, point left to left
- 7&8                      Kick left foot forward, bring left next to right, point right to right side

## CROSS, TURN, SAILOR, SAILOR, STEP, PIVOT

- 1-2                      Cross right over left, unwind half turn left keeping weight on left
- 3&4                      Sailor step (right, left, right)
- 5&6                      Sailor step (left, right, left)
- 7-8                      Step forward on ball of right foot, pivot ¼ turn to left

## PADDLE ¼ TURN, JAZZ BOX

- &1                      Pull right knee up, make a ¼ turn to left and point right toe right
- &2                      Pull right knee up, make a ¼ turn to left and point right toe right
- &3                      Pull right knee up, make a ¼ turn to left and point right toe right
- &4&                      Stay facing same wall bring right knee up, point to right side, bring knee up
- 5-6                      Cross right foot over left, step back on left
- 7-8                      Step right foot to right, step left next to right

## REPEAT

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