Fundamental Things



拍数: 64 墙数: 2 级数: Intermediate / Advanced WCS Rhythm

编舞者: Michele Burton (USA) - May 2011

音乐: Fundamental Things - Melinda Doolittle



&7,8

Intro: 32 cts.	
[1 – 8] WALK	WALK ~ FRENCH CROSS ~ SAILOR STEP ~ SAILOR ¼ RIGHT
1 – 2	Step R forward; Step L forward
&3-4	Turning ¼ left step R to right; Step L in front of R; Step R to R
5 & 6	Step L behind R; Step R to right; Step L to left
7 & 8	Step R behind L; Turning 1/4 right step L next to R; Step R in front of L [12:00]
[9 - 16] SYNC	OPATED VINE ~ SWIVEL POINT STEPS W/ ¼ TURN LEFT
1 – 2	Step L to left; Step R behind L
&3-4	Step L to left; Step R in front of L; Step L to left
5 – 6	Swivel point R to forward right diagonal; Step R beside L making ¼ turn left
7 – 8	Swivel point L to forward left diagonal; Step L beside R centering body to 9:00[9:00]
[17 – 24] COA	STER FORWARD ~ BACK ~ BACK TURNING COASTER WALK, FORWARD ½ PIVOT
1 & 2	Step R forward; Step L next to R; Step R slightly back
3	Step L back
4 &5,6	Step R back; Turning ¼ left step L next to R; Step R forward, Step L forward
7 – 8	Step R forward; Pivot ½ left taking weight to L [12:00]
[25 – 32] TRIF	PLE 1/ 2 TURN ~ BACK BACK ~ SCISSORS LEFT ~ QUICK WEAVE TURN 1/4
1 & 2	Turning ¼ left step R beside L; Turning ¼ left step L beside R; Step R beside L [6:00]
3 – 4	Step L back; Step R back
5 & 6	Step L to left; Step R beside L; Cross L over right
&7&8&	Step R to right; Step L behind R; Step R to right; Step L in front of R; Turn $\frac{1}{4}$ L, step slightly back on R [3:00]
[33 – 40] DRA	G BACK (2 CTS) ~ BACK SIDE CROSS ~ SWAY SWAY ~ & CROSS STEP
1 – 2	Step L back, drag R toward L; Continue drag
& 3-4	Step R back; Step L slightly back; Cross R in front of L
5 – 6	Step L to left with hip sway left; Sway hips right
&7,8	Step L slightly back; Cross R in front of L; Step L to left [3:00]
=	NT, 1/4 TURN STEP, WALK AROUND TURN ~ SWAY, SWAY ~ & CROSS STEP
1 - 4	Point R to right; Turn ¼ right stepping R in place; Step L forward; Turn ¾ right taking wt. to R
this movemen	eft as you point right. Bend L knee. The music says "back" – t gives the sense of looking back. (It's okay if you don't make the full 3/4 turn, as you can finish
it on the next	,
5 – 6	Step L to left with hip sway left; Sway hips right

[49 - 56] POINT, 1/4 TURN STEP ~ 1/4 TURN TRIPLE STEP ~ KICK BALL CROSS ~ SIDE BEHIND SIDE

1 – 2	Point R to right; Turn ¼ right stepping R in place;

Step L slightly back; Cross R in front of L; Step L to left [3:00]

3 & 4	Turn ¼ right stepping L to left; Step R near L; Step L in place angling body to right diagonal
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5 & 6 Kick R foot to right diagonal; Step R ball back; Cross L over R [9:00]

7 - 8&Step R to right; Step L behind R; Step R to right (small step)

[57 - 64] 34 CROSS UNWIND ~ SIDE BALL CHANGE ~ CROSS BACK ~ OUT OUT IN IN

1 – 3 Cross L over R, unwind 3/4 turn right for 2 counts ending with weight on L

& 4 Step R ball to right; Return weight to left

5 – 6 Step R over L; Step L back

&7&8 Step R to right; Step L to left; Step R to center; Step L to center [6:00]

BEGIN AGAIN

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