Underground

1-2

3&4

5-6

7&8

1-2 3-4

5-6

7-8

1-2 3&4

5-6

7&8

1-2 3&4

5-6

7&8

&1&2

&3&4

&5&6

&7&8



拍數: 48 牆數: 4 級數: Intermediate 編舞者: Michelle Risley (UK) - January 2015 音樂: In the Basement (feat. Kelly Clarkson) - Martina McBride Count In: 32 counts from start of track, on vocal, around 16 sec. Approx 120 bpm [1-8]□Step Back Sweep, Back Sweep, Coaster, Walk, Walk, Lock Forward□ (Spring)/ Step back on right as you sweep left, Step back on left as you sweep right □ 12oc Step back right (3), step left next to right (&), step forward right (4) □ 12oc Step Left Forward & Slight Across Right, Step Right Forward & Slight Across Left, □12oc Left Step Forward, Right Lock Behind Left, Step Left Forward ☐ 12oc [9-16] □ Dip & Tap Section: ¼ L, Touch, ¼ R, Touch, ¼ R, Touch, Step, Point □ Make ¼ turn left, Stepping Right to side & touch left toe to left side ☐9oc Make ¼ Turn Right, Stepping Left Back and Touch Right next to Left ☐ 12oc Make ¼ Right, Stepping Right to Side & Touch Left to Side ☐ 3oc Step Left to Place, Point Right to Right Side ☐ 3oc Styling: Dip slightly on the turns, Swinging shoulders slightly & Pushing Hips, this should be loose !□ [17-24] □ Cross, Side, Sailor, Cross, Side, ½ L Turn Sailor □ Cross right over left, step left to left side ☐3oc Cross right behind left, step left to left side, step right to right side ☐3oc Cross left over right, step right to right side ☐3oc Cross left behind right, Make ½ turn Left step right to right side, Step Left to Left Side9oc [25-32]□Cross, Side, Sailor, Cross, Side, ¾ L Turn Sailor□ Cross right over left, step left to left side ☐9oc Cross right behind left, step left to left side, step right to Right Side ☐9oc Cross left over right, step right to right side ☐9oc Cross left behind right, Start ¾ turn Left step right in place, Step Left forward □12oc [33-40] ☐ Hitch, 'C' Shaped Hips Right and Left ☐ Hitch right knee slightly, Step forward on Right, Bumping Right Hip Up Recover on left while dipping slightly (bending knees), Bump R hip Down ☐ 12oc Recover Left while dipping slightly (bending knees), Bump R hip Up, Recover on left while dipping slightly (bending knees), Bump R hip Down (Weight on R)□12oc Hitch Left knee slightly, Step forward on Left, Bumping Left Hip Up, Recover on Right while dipping slightly (bending knees), Bump L hip Down ☐ 12oc Recover Right while dipping slightly (bending knees), Bump L hip Up, Recover on Right while dipping slightly (bending knees), Bump L hip Down (Weight on L)□12oc [41-48] ☐ Rock Forward, Full Turning Coaster, & Step, ¼ Twist, ¼ Turn, ¼ Step Back, Sweep ☐

1-2 Rock Forward on Right Foot, Recover Left ☐ 12oc

3&4 Full Turn Triple Right, Stepping Right, Left, Right Forward (Alt: Right Coaster Step in

Place) □ 12oc

&5 Step Left beside Right, Step forward Right, (weight forward on Right) □ 12oc

6-7-8 With knees bent slightly, twist ¼ Left on balls of feet (9oc), Twist ¼ Right keep weight forward

on Right (12oc), make ¼ Right (3oc), stepping back on Left and sweep the Right foot from

Front to Back □ 3oc

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