Basic Being Basic

拍數: 32

級數: Beginner

編舞者: Kitty Russell (USA) - May 2025

音樂: Basic Being Basic - Djo

right lead

BASIC RIGHT, TOUCH, BASIC 1/4 LEFT, TOUCH

- Step R to right, step L together, step R to right, touch L next to R 1,2,3,4
- 5,6,7,8 Step L making 1/4 turn to left (9:00), step R together, step L to left, touch R next to L

BASIC RIGHT, TOUCH, BASIC 1/4 LEFT, TOUCH

- 1,2,3,4 Step R to right, step L together, step R to right, touch L next to R
- 5,6,7,8 Step L making 1/4 turn to left (6:00), step R together, step L to left, touch R next to L

TRAIN STEP UP, UP, BACK, BACK X2

- Step R forward, step L forward, step R back, step L back 1,2,3,4
- 5,6,7,8 Step R forward, step L forward, step R back, step L back

KICK-BALL-CHANGE X2, JAZZ BOX 1/4 RIGHT

- 1&2 Kick R forward, step on ball of R while raising L, step L
- 3&4 Kick R forward, step on ball of R while raising L, step L
- 5,6,7,8 Step R across L, step L back, step R to right making 1/4 turn right (9:00), step L next to R

Restart





牆數: 4