

Back To Basics

拍數: 32 牆數: 2 級數: Improver
編舞者: Michelle Secor
音樂: Kiss This - Aaron Tippin



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
