

Underground

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Michelle Risley (UK) - January 2015
音乐: 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 □

1-2 (Spring)/ Step back on right as you sweep left, Step back on left as you sweep right □ 12oc
3&4 Step back right (3), step left next to right (&), step forward right (4) □ 12oc
5-6 Step Left Forward & Slight Across Right, Step Right Forward & Slight Across Left, □ 12oc
7&8 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 □

1-2 Make ¼ turn left, Stepping Right to side & touch left toe to left side □ 9oc
3-4 Make ¼ Turn Right, Stepping Left Back and Touch Right next to Left □ 12oc
5-6 Make ¼ Right, Stepping Right to Side & Touch Left to Side □ 3oc
7-8 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 □

1-2 Cross right over left, step left to left side □ 3oc
3&4 Cross right behind left, step left to left side, step right to right side □ 3oc
5-6 Cross left over right, step right to right side □ 3oc
7&8 Cross left behind right, Make ½ turn Left step right to right side, Step Left to Left Side 9oc

[25-32] □ Cross, Side, Sailor, Cross, Side, ¾ L Turn Sailor □

1-2 Cross right over left, step left to left side □ 9oc
3&4 Cross right behind left, step left to left side, step right to Right Side □ 9oc
5-6 Cross left over right, step right to right side □ 9oc
7&8 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 □

&1&2 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
&3&4 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
&5&6 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
&7&8 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

START AGAIN – HAVE FUN

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