

The Basic Step

拍数: 251 墙数: 0 级数: Beginner
编舞者: Sunny Jeong (KOR) - February 2016
音乐: Swallow (제비) - Kim Gun Mo (김건모)



【Intro: 40C】

After 8C → [32C] Hip Pump {(1 ~ 8C) × 4}

[1] Right Hip Pump [2] Left Hip Pump [3] Right/Left, Hip Pump [4] Right Hip Pump
[5] Left Hip Pump [6] Right Hip Pump [7] Left/Right, Hip Pump [8] Left Hip Pump → [32] Right Together Toe Touch

【Sec. 1】 Side Together, Toe Touch (Clap)

[1] Right Side, [2] Left Together, [3] Right Side, [4] Left Together Toe Touch (Clap)
[5] Left Side, [6] Right Together, [7] Left Side, [8] Right Together Toe Touch (Clap)

【Sec. 2】 Side Together, Toe Touch (Clap)

[1] Right Side, [2] Left Together, [3] Right Side, [4] Left Together Toe Touch (Clap)
[5] Left Side, [6] Right Together, [7] Left Side, [8] Right Together Toe Touch (Clap)

【Sec. 3】 Diagonal Forward, Together, Toe Touch (Clap)

[1] Right Diagonal Forward, [2] Left Together Toe Touch (Clap),
[3] Left Diagonal Forward, [4] Right Together Toe Touch (Clap)
[5] Right Diagonal Forward, [6] Left Together Toe Touch (Clap),
[7] Left Diagonal Forward, [8] Right Together Toe Touch (Clap)

【Sec. 4】 Back Diagonal Backward, Together Toe Touch (Clap)

[1] Right Diagonal Backward, [2] Left Together Toe Touch (Clap),
[3] Left Diagonal Backward, [4] Right Together Toe Touch (Clap)
[5] Right Diagonal Backward, [6] Left Together Toe Touch (Clap),
[7] Left Diagonal Backward, [8] Right Together Toe Touch (Clap)

【Sec. 5】 Vine Step, Together Toe Touch (Clap)

[1 ~ 4C] Right Vine Step, Left Together Toe Touch (Clap)
[5 ~ 8C] Left Vine Step, Right Together Toe Touch (Clap)

【Sec. 6】 → 【Sec. 5】 Repeat

【Sec. 7】 Twist, Vine Step, Together Toe Touch (Clap)

[1 ~ 4C] Hill Right, Left, Right, Left
[5 ~ 8C] Right Vine Step, Left Together Toe Touch (Clap)

【Sec. 8】 Twist, Vine Step, Together Toe Touch (Clap)

[1 ~ 4C] Left Vine Step, Right Together Toe Touch (Clap)
[5 ~ 8C] Hill Right, Left, Right, Left

【Sec. 9】 Diagonal Forward, together, Brush

[1] Right Diagonal Forward [2] Left Together Step [3] Right Diagonal Forward, [4] Left Brush
[5] Left Diagonal Forward [6] Right Together Step [7] Left Diagonal Forward, [8] Right Brush

【Sec. 10】 Diagonal Backward, Together Toe Touch (Clap)

[1] Diagonal Right Backward, [2] Left Together Toe Touch (Clap),
[3] Diagonal Left Backward, [4] Right Together Toe Touch (Clap)
[5] Diagonal Right Backward, [6] Left Together Toe Touch (Clap),
[7] Diagonal Left Backward, [8] Right Together Toe Touch (Clap)

【Sec. 11】 Diagonal Forward, Together, Scuff

[1] Right Diagonal Forward [2] Left Together Step [3] Right Diagonal Forward [4] Left Scuff
[5] Left Diagonal Forward [6] Right Together Step [7] Left Diagonal Forward [8] Right Scuff

【Sec. 12】 Diagonal Backward, Together Toe Touch (Clap)

[1] Diagonal Right Backward, [2] Left Together Toe Touch (Clap),
[3] Diagonal Left Backward, [4] Right Together Toe Touch (Clap)
[5] Diagonal Right Backward, [6] Left Together Toe Touch (Clap),
[7] Diagonal Left Backward, [8] Right Together Toe Touch (Clap)

【Sec. 13】 Side Shuffle, Back, Recover

[1, 2] Right Side Shuffle [3] Left Back Rock [4] Right Recover
[5, 6] Left Side Shuffle [7] Right Back Rock [8] Left Recover

【Sec. 14】 → 【Sec. 13】 Repeat

【Sec. 15】 Quarter Turn Shuffle Step

[1, 2] (Left, 1/4t) Right Shuffle Step [2, 3] (Left, 1/4t) Left Shuffle Step
[5, 6] (Left, 1/4t) Right Shuffle Step [7, 8] (Left, 1/4t) Left Shuffle Step

【Sec. 16】 Quarter Pivot Turn

[1] Right Forward [2] Pivot (Left, 1/4t) Left Side [3] Right Forward [4] Pivot (Left, 1/4t) Left Side
[5] Right Forward [6] Pivot (Left, 1/4t) Left Side [7] Right Forward [8] Pivot (Left, 1/4t) Left Side

【Tag 32C】

[1] Together Right Weight [2] Left Weight [3] Right Weight [4] Left Weight
[5] Right Weight [6] Left Weight [7] Right Weight Pump [8] Left Weight

【Sec. 17】 Jazz Box, Forward Step

[1] Right Cross [2] Left Back [3] Right Side [4] Right Forward Step
[5] Right Cross [6] Left Back [7] Right Side [8] Right Forward Step

【Sec. 18】 → 【Sec. 17】 Repeat

【Sec. 19】 Jazz Box Right Quarter Turn, Forward Step

[1] Right Cross [2] Left Back [3] Right Side, Right 1/4 Turn [4] Left Forward Step
[5] Right Cross [6] Left Back [7] Right Side, Right 1/4 Turn [8] Left Forward Step

【Sec. 20】 → 【Sec. 18】 Repeat

【Sec. 21】 Forward, Back, Side Mambo

[1] Right Forward/Left Recover [2] Right Together [3] Left backward/Right Recover [4] Left Together
[5] Right side/Left Recover [6] Right/Together [7] Left Side/Right Recover [8] Left Together

【Sec. 22】 → 【Sec. 21】 Repeat

【Sec. 23】 Heel & Toe Touch, Hold

[1] Right Heel Touch [2] Right Heel Touch [3] Left Toe Touch [4] Left Toe Touch
[5, 6] Right Heel Touch, hold [7, 8] Left Toe Touch, Hold

【Sec. 24】 Diagonal Forward, Together Step

[1] Diagonal Right Forward [2] Diagonal Left Forward [3] Right back Rock [4] Left Recover
[5 ~ 8C] → [1 ~ 4C] Repeat

【Sec. 25】 → 【Sec. 24】 Repeat

【Sec. 26】 Forward Toe Strut

[1, 2] Right Toe Strut [2, 3] Left Toe Strut
[5, 6] Right Toe Strut [7, 8] Left Toe Strut

【Sec. 27】 Back Shuffle

[1, 2] Right Back Shuffle [3, 4] Left Back Shuffle
[5 ~ 8C] → [1 ~ 4C] Repeat

【Sec. 28】 Diagonal Forward, Together Step
[1] Diagonal Right Forward [2] Diagonal Left Forward [3] Right back Rock [4] Left Recover
[5 ~ 8C] → [1 ~ 4C] Repeat →

【Sec. 29】 → **【Sec. 28】** Repeat

【Sec. 30】 Forward Toe Strut
[1, 2] Right Toe Strut [2, 3] Left Toe Strut
[5, 6] Right Toe Strut [7, 8] Left Toe Strut

【Sec. 31】 Back Shuffle
[1, 2] Right Back Shuffle [2, 3] Left Back Shuffle
[5 ~ 8C] → [1 ~ 4C] Repeat

【Sec. 32】 Heel Swivel, Hold
[1] Heel Out [2, 3] Heel in (Hold)

Contact: hani3756@gmail.com
