

# Just The Basics

拍数: 32      墙数: 4      级数:  
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音乐: Basic Goodbye - Neal McCoy



## SUGAR FEET, STOMPS, CLAPS

- 1-2      Turn right toe inward and touch next to left instep; turn right toe outward and touch right heel next to left instep
- 3-4      Stomp forward on right foot; hold and clap hands
- 5-6      Turn left toe inward and touch next to right instep; turn left toe outward and touch left heel next to right instep
- 7-8      Stomp forward on left foot; hold and clap hands

## SAILOR STEPS, HEEL SWIVELS WITH TURN, KICK - BALL - CROSS

- 9&10      Cross right foot behind left and step; step slightly to the side on left foot, step slightly to the side on right foot
- 11&12      Cross left foot behind right and step; step slightly to the side on right foot, step slightly to the side on left foot
- 13-14      With feet in place, swivel heels to the left; swivel heels to the right making a  $\frac{1}{4}$  turn to the left
- 15&16      Kick right foot forward; step on ball of right foot next to left, cross left foot over right and step

## CROSS STEPS, HIPS BUMPS

- 17-18      Step to the right on right foot; cross left foot behind right and step
- 19-20      Step to the right on right foot; cross left foot over right and step
- 21-22      Step slightly to the right on right foot, and bump hips to the right twice
- 23-24      Transfer weight to left foot, and bump hips to the left twice

## KICK - OUT-OUT, IN-IN, MONTEREY TURN

- 25&26      Kick right foot forward; step to the right on right foot; step to the left on left foot
- 27-28      Swivel heels inward to center; swivel toes to center
- 29-30      Touch toes of right foot to the right; pivot  $\frac{1}{2}$  turn to the right (to the right) on ball of left and step right foot next to left
- 31-32      Touch toes of left foot to the left; step left foot next to right

## REPEAT

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