

Back To Basics

拍数: 32 墙数: 2 级数: Improver
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音乐: 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
