

Back 2 Basic

拍数: 32 墙数: 4 级数: Improver
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音乐: Just A Little Piece Of Heaven - MDO



SIDE, BACK ROCK, RECOVER, SIDE CHASSE, SAILOR STEP, BEHIND, SIDE, CROSS

1-3 Step left to left, rock back on right, recover on left
4&5 Step right to side, step left beside right, step right to side
6&7 Step left behind right, step right to side, step left to the side
8&1 Step right behind left, step left to side, cross right over left

ROCK, ROCK, BACK SHUFFLE, ½ TURN RIGHT, ½ TURN RIGHT, FORWARD SHUFFLE

2-3 Rock forward on left, rock back on right
4&5 Step back on left, close right beside left, step back on left
6-7 ½ Turn right, step forward on right, ½ turn right, step back on left while touching right beside left
8&1 Step forward on right, close left beside right, step forward on right

PIVOT ¾ TURN, SIDE CHASSE, ROCK, ROCK, FORWARD SHUFFLE

2-3 Step forward on left, pivot ¾ turn right (weight on left)
4&5 Step left to side, step right beside left, step left to side
6-7 Rock back on right, recover on left
8&1 Step forward on right, close left beside right, step forward on right

Alternative: full turn shuffle forward turning left

STEP, TOUCH, BACK SHUFFLE, SYNCOPATED ROCK

2-3 Step forward on left, touch right beside left
4&5 Step back on right, close left beside right, step on right
6-7 Rock back on left, recover on right
8& Rock back on left, recover on right

REPEAT
