

Back To Basics

拍数: 42 墙数: 4 级数: Advanced Beginner
编舞者: Ann Cripps (CAN) - August 2011
音乐: Go On - Delbert McClinton



(Teach to) Two Stepping Mind by Tim McGraw
(Goes well to) Shooting from the Hip by Barry Upton & Wild at Heart

Point toe front, side, ½ turn right with triple step

1-2 Point R toe to front & right side
3&4 ½ turn right with a triple step RLR
5-6 Point L toe to front & left side
7&8 ½ turn left with a triple step LRL

Rocking chair, step pivot ½

1-4 Rock forward on R, recover L, rock back on R recover L
5-6 Step forward R making a ½ turn left, recover on L
9-10 Rock forward on R, recover L, rock back on R recover L
11-12 Step forward R making a ½ turn, recover on L

Lindy right, Lindy left turning ¼ turn right

1&2 RLR triple step to right side
3-4 Rock back on L recover R
5&6 LRL triple step to left side
7-8 Rock back on R while making a ¼ turn to right, recover L

Two count vines, ½ turns

1-4 Right Step, L behind R, step R while making a ½ turn right, step weight L
5-8 Right Step, L behind R, step a ½ turn right, step weight on L

Sailor shuffle, kick ball change

1&2 Step R behind L step to left side, weight back on R
3&4 Step L behind R step to right side, weight back on L
5&6 Kick R forward, place weight back on R, lift L & replace weight back onto L
