

In The Basement

拍数: 48 墙数: 4 级数: Improver
编舞者: Kate Sala (UK) - March 2012
音乐: In the Basement - Part 1 - Jasmine Kara : (2:38)



32 Count intro

Vine Right, Step Right, Touch Clap, Step Left, Right Kick, Ball Step Left.

1, 2, 3, 4 Step R to right side. Cross step L behind R. Step R to right side. Cross step L over R.
5, 6 Step R to right side. Touch L toe next to R instep & clap.
7, 8 Step L to left side. Kick R forward to right diagonal.
& 1 Step ball of R next to L. Step L to left side.

Hold, Cross, Side, Behind & Cross, Sway Down Left, Sway Right

2, 3, 4 Hold. Cross step R over L. Step L to left side.
5 & 6 Cross step R behind L. Step L to left side. Cross step R over L.
7 8 Step L to left side swaying hips left and down. Sway hips right and back up.

Coaster Step, Step Pivot 1/4 Turn Left, Step Forward, Touch Left, Step Together, Kick Ball Change.

1 & 2 Step back on L. Step R next to L. Step forward on L.
3, 4 Step forward on R. Pivot 1/4 turn left. (9:00)
5, 6 Step forward on R. Touch L toe out to left side.
7 Step L next to R.
8 & 1 Kick R forward. Step down on ball of R. Step down on L.

Dig R Heel Forward, Touch L Toe Back, Step Forward, Pivot 1/4 Turn Left, Cross, Side, Cross Shuffle.

2, 3 Dig R heel forward. Touch R toe back.
4, 5 Step forward on R. Pivot 1/4 turn left. (6:00)
6, 7 Cross step R over L. Step L to left side.
8 & 1 Cross step R over L. Step L to left side. Cross step R over L.

Side Rock Left, Recover, Turn 1/4 Left Stepping Back, Rock Back, Recover, Toe Strut.

2, 3 Rock out to L side on L. Recover on to R.
4 Turn 1/4 L stepping back on L. (3:00)
5, 6 Rock back on R. Recover on to L.
7, 8 Step forward on ball of R. Snap R heel down.

Heel Switches x 2, Long Diagonal Step Left, Touch, Step Pivot 1/2 Turn Left x 2

1 & 2 & Dig L heel forward. Step L next to R. Dig R heel forward. Step R next to L.
3, 4 Step L forward to left diagonal. Touch R next to L.
5, 6 Step forward on R. Pivot 1/2 turn left.
7, 8 Step forward on R. Pivot 1/2 turn left.

Start Again
