

In the Basement

拍数: 48 墙数: 4 级数: Improver
编舞者: Lynn Card (USA) & Jessica Carlson (USA) - May 2014
音乐: In the Basement by Martina McBride and Kelly Clarkson



Walk, Walk, Rocking Chair, Walk, Walk, Side Rock Slide, Side Rock Slide

- 1,2,3,4 Walk R forward crossing in front of L, walk L forward crossing in front of R (walk with attitude)
5,6 .7,8□□Rock R forward crossing in front of L,, recover back on L, rock R behind L, recover forward on L

1,2,3,4 Walk R forward crossing in front of L, walk L forward crossing in front of R (walk with attitude)
&5,6&7,8 Rock R to right side, recover on L, drag R next to L and touch, rock R to right side, recover on L, drag R next to L and touch

Hip Bumps, Slide Right, Rock Back, Recover

- 1,2,3,4 Bump R hip to right twice, bump L hip to left twice
5,6,7,8 Slide R to right side (nightclub basic), hold, rock L behind R, recover forward on R

Shuffle 1/4 Turn Clockwise, Shuffle 1/2 Turn Clockwise, Step Left Forward, Hold, Body Roll Up

- 1&2,3&4 Step L to left side, step R next to L and make a ¼ turn clockwise(3:00), step L back, make ½ turn to 9 o'clock stepping R forward, step L next to right, step R forward
5,6,7,8 Step (stomp) L forward, hold, push hips forward, roll torso up through to shoulders

Toe Strut, Kick Ball Change, Toe Strut, Kick Ball Change (on an an angle traveling to the right)

- 1,2,3&4 Touch R toe to R side, step R heel down, kick L slightly across R, step L back, step R forward,
5,6,7&8 Touch L toe in front R, step L heel down, kick R at right angle, step R back, step L forward

Step Right, Hook Left, ¼ Turn Counter Clockwise, Shuffle forward, Pony Step with ¼ Turn over Left Shoulder

- 1,2,3&4 Step R to right side, touch L forward at left diagonal (8 o'clock),hook L across right shin, step L forward, step R next to L, step L forward
5&6&7&8& Step R toe next to L, step L to L rotating over L shoulder, step R toe next to L, step L to rotating over L shoulder, step R toe next to L , step L to L rotating over L shoulder, step R toe next to L, step L to L rotating over L shoulder (9:00)

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Last Update - 21st May 2014
