

Just The Basics

拍數: 32 牆數: 4 級數:
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: Basic Goodbye - Neal McCoy



SUGAR FEET, STOMPS, CLAPS

- 1-2 Turn right toe inward and touch next to left instep; turn right toe outward and touch right heel next to left instep
- 3-4 Stomp forward on right foot; hold and clap hands
- 5-6 Turn left toe inward and touch next to right instep; turn left toe outward and touch left heel next to right instep
- 7-8 Stomp forward on left foot; hold and clap hands

SAILOR STEPS, HEEL SWIVELS WITH TURN, KICK - BALL - CROSS

- 9&10 Cross right foot behind left and step; step slightly to the side on left foot, step slightly to the side on right foot
- 11&12 Cross left foot behind right and step; step slightly to the side on right foot, step slightly to the side on left foot
- 13-14 With feet in place, swivel heels to the left; swivel heels to the right making a ¼ turn to the left
- 15&16 Kick right foot forward; step on ball of right foot next to left, cross left foot over right and step

CROSS STEPS, HIPS BUMPS

- 17-18 Step to the right on right foot; cross left foot behind right and step
- 19-20 Step to the right on right foot; cross left foot over right and step
- 21-22 Step slightly to the right on right foot, and bump hips to the right twice
- 23-24 Transfer weight to left foot, and bump hips to the left twice

KICK - OUT-OUT, IN-IN, MONTEREY TURN

- 25&26 Kick right foot forward; step to the right on right foot; step to the left on left foot
- 27-28 Swivel heels inward to center; swivel toes to center
- 29-30 Touch toes of right foot to the right; pivot ½ turn to the right (to the right) on ball of left and step right foot next to left
- 31-32 Touch toes of left foot to the left; step left foot next to right

REPEAT
