

Basic Instinct

拍數: 32 牆數: 2 級數:
編舞者: Alan Robinson (UK)
音樂: I Keep Forgetting - Lee Ann Womack & Vince Gill



ROCK ACROSS, IN PLACE, CROSS SHUFFLE, ROCK OUT, CROSS SHUFFLE

1-2-3 Rock left across in front of right, replace weight onto right, step in place on left
4&5 Cross right in front of left, step left to left, cross right in front of left
6-7 Rock out on left to left, replace weight onto right
8& Cross left in front of right, step right to right

¼ TURN, ½ PIVOT WITH HOOK, FORWARD SHUFFLE, FORWARD ROCK, LOCK STEP BACK

9 Cross left behind right
10-11 Step on right with ¼ turn to right, step forward on left, pivot ½ turn to right keeping weight on left foot & hooking right foot across left shin
12&13 Step forward on right, step left next to right, step forward on right
14-15 Rock forward on left, replace weight onto right
16& Step back on left, lock right over in front of left

CROSS, COMPLETE TURN, RIGHT MAMBO, STEP BACK, ¼ TRIPLE TURN

17 Step back on left
18-19 Cross right in front of left, unwind a complete turn to left keeping weight on left foot
20&21 Step out to right on right, step in place on left, cross right over left
22-23 Step back on left, step right to right
24& Cross left in front of right, step back on right

CROSS ROCK, COMPLETE TURN TO RIGHT, CROSS ROCK

25 Left to left with ¼ turn left
26-27 Rock right across in front of left, replace weight on left
28&29 Step right to right (¼ turn right), step together with left (½ turn right), step right to right (¼ turn right)
30-31 Rock left across in front of right, replace weight on right
32& Step back diagonally on left, step in place on right

REPEAT

For best effect this dance should be done with "Cuban motion" emphasizing the hip movements, creating a "Latin" feel.

If using Lee Ann Womack track "I Keep Forgetting", on the second-to-last wall, the music appears to break momentarily. Dance through. End the dance with a big finish with 1 foot forward and arms outstretched.