

Back To Basics

拍數: 32 牆數: 2 級數: Beginner
編舞者: Kash Bane (UK)
音樂: My Life - Chanel



RIGHT SIDE SHUFFLE, BACK ROCK, LEFT SIDE SHUFFLE, BACK ROCK

1&2 Step right to right side, close left next to right, step right to right side
3-4 Rock left foot behind right, recover onto right foot
5&6 Step left to left side, close right next to left, step left to left side
7-8 Rock right behind left, recover onto left foot

PIVOT TURNS, BOX STEP

1-2 Step right forward, make a $\frac{1}{2}$ turn over left shoulder on balls of both feet
3-4 Step right forward, make a $\frac{1}{2}$ turn over left shoulder on balls of both feet
5-6 Step right forward, step left to left side
7-8 Step right back, step left to left side

RIGHT SHUFFLE, LEFT SHUFFLE, ROCKING CHAIR

1&2 Step right forward, close left next to right, step right foot forward
3&4 Step left foot forward, close right next to left, step left foot forward
5-6 Rock right forward, recover onto left foot
7-8 Rock right foot back, recover onto left foot

PIVOT TURNS, JAZZ BOX

1-2 Step right forward, make a $\frac{1}{4}$ turn left on balls of both feet
3-4 Step right forward, make a $\frac{1}{4}$ turn left on balls of both feet
5-6 Cross right foot over left, step left foot back
7-8 Step right to right side, step left next to right

REPEAT
