

Back To Basics

拍數: 32 牆數: 4 級數: Beginner
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音樂: Back To Basics (Radio Edit) - The Shapeshifters



WALK RIGHT, LEFT, V-STEP, MOONWALK RIGHT LEFT

1-2 Walk forward right left
3-4 Step right foot right forward, step left foot left forward
5-6 Step right foot back, step left besides
7-8 Moonwalk right left

WALK BACK RIGHT, TOUCH STEP LEFT, STEP FORWARD LEFT TOUCH STEP RIGHT, ROCK STEP RIGHT, COASTER STEP RIGHT WITH ¼ TURN RIGHT

1-2 Step back with right, touch left toes in front of right foot
3-4 Step forward with left, touch right toes behind left foot
5-6 Step right foot to the right side, weight back on left
7&8 Cross right behind left, step left besides right, step right forward with a ¼ turn to the right (3:00)

WALK LEFT RIGHT, HEEL BOUNCE LEFT, ARM MOVE

1-2 Walk forward left, right
3-4 Touch left toes behind right foot, bounce with left heel 2 times (step in place)
For the next move you only move your forearm, your upper arm is spread to the side
5-6 Move your arm to the left, move your arm to the right
7&8 Move your arm left right left

4 SWEEP STEPS BACKWARDS

1-2 Step right foot back (step back with sweeping around)
3-4 Step left foot back (step back with sweeping around)
5-6 Step right foot back (step back with sweeping around)
7-8 Step left foot back (step back with sweeping around)

REPEAT

TAG

After the 1st and the 5th wall

1-2 Right foot mambo step forward, right foot mambo step backwards
3-4& Right foot mambo step forward, step back in place.(change weight to right foot)
5-6 Left foot mambo step forward, left foot mambo step backwards
7-8 Left foot mambo step forward, step back in place
9-10 Walk forward right left
11-12 Step right forward with a ¼ turn left, step left backwards with a ¼ turn left
13-14 Weight back on right, step left forward
15-16 Touch right besides left, hold
17-18 Right foot mambo step forward, right foot mambo step backwards
19-20 Right foot mambo step forward, step back in place.(change weight to right foot)
21-22 Left foot mambo step forward, left foot mambo step backwards
23-24 Left foot mambo step forward, step back in place
25-26 Snake roll to the left
27-28 Snake roll to the right
29-30 Rock step left backwards, rock step right forward
31-32 Step left forward, touch right besides left

