

The Basic Step

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Count: 251 **Wall:** — **Level:** Beginner

Choreographer: [] [] (Sunny Jeong) - Korea.- February 2016

Music: "[] (THE SWALLOW)" by [] [] (Gun-Mo Kim)

[] **Intro: 40C** []

After 8C → [32C] Hip Pump {(1 ~ 8C) × 4}

[1] Right Hip Pump [2] Left Hip Pump [3] Right/Left, Hip Pump [4] Right Hip Pump

**[5] Left Hip Pump [6] Right Hip Pump [7] Left/Right, Hip Pump [8] Left Hip Pump → [32]
Right Together Toe Touch**

[] **Sec. 1** [] **Side Together, Toe Touch (Clap)**

[1] Right Side, [2] Left Together, [3] Right Side, [4] Left Together Toe Touch (Clap)

[5] Left Side, [6] Right Together, [7] Left Side, [8] Right Together Toe Touch (Clap)

[] **Sec. 2** [] **Side Together, Toe Touch (Clap)**

[1] Right Side, [2] Left Together, [3] Right Side, [4] Left Together Toe Touch (Clap)

[5] Left Side, [6] Right Together, [7] Left Side, [8] Right Together Toe Touch (Clap)

[] **Sec. 3** [] **Diagonal Forward, Together, Toe Touch (Clap)**

[1] Right Diagonal Forward, [2] Left Together Toe Touch (Clap),

[3] Left Diagonal Forward, [4] Right Together Toe Touch (Clap)

[5] Right Diagonal Forward, [6] Left Together Toe Touch (Clap),

[7] Left Diagonal Forward, [8] Right Together Toe Touch (Clap)

[] **Sec. 4** [] **Back Diagonal Backward, Together Toe Touch (Clap)**

[1] Right Diagonal Backward, [2] Left Together Toe Touch (Clap),

[3] Left Diagonal Backward, [4] Right Together Toe Touch (Clap)

[5] Right Diagonal Backward, [6] Left Together Toe Touch (Clap),

[7] Left Diagonal Backward, [8] Right Together Toe Touch (Clap)

□ Sec. 5□ Vine Step, Together Toe Touch (Clap)

[1 ~ 4C] Right Vine Step, Left Together Toe Touch (Clap)

[5 ~ 8C] Left Vine Step, Right Together Toe Touch (Clap)

□ Sec. 6□ → □ Sec. 5□ Repeat

□ Sec. 7□ Twist, Vine Step, Together Toe Touch (Clap)

[1 ~ 4C] Hill Right, Left, Right, Left

[5 ~ 8C] Right Vine Step, Left Together Toe Touch (Clap)

□ Sec. 8□ Twist, Vine Step, Together Toe Touch (Clap)

[1 ~ 4C] Left Vine Step, Right Together Toe Touch (Clap)

[5 ~ 8C] Hill Right, Left, Right, Left

□ Sec. 9□ Diagonal Forward, together, Brush

[1] Right Diagonal Forward [2] Left Together Step [3] Right Diagonal Forward, [4] Left Brush

[5] Left Diagonal Forward [6] Right Together Step [7] Left Diagonal Forward, [8] Right Brush

□ Sec. 10□ Diagonal Backward, Together Toe Touch (Clap)

[1] Diagonal Right Backward, [2] Left Together Toe Touch (Clap),

[3] Diagonal Left Backward, [4] Right Together Toe Touch (Clap)

[5] Diagonal Right Backward, [6] Left Together Toe Touch (Clap),

[7] Diagonal Left Backward, [8] Right Together Toe Touch (Clap)

□ Sec. 11□ Diagonal Forward, Together, Scuff

[1] Right Diagonal Forward [2] Left Together Step [3] Right Diagonal Forward [4] Left Scuff

[5] Left Diagonal Forward [6] Right Together Step [7] Left Diagonal Forward [8] Right Scuff

□ Sec. 12□ Diagonal Backward, Together Toe Touch (Clap)

[1] Diagonal Right Backward, [2] Left Together Toe Touch (Clap),

[3] Diagonal Left Backward, [4] Right Together Toe Touch (Clap)

[5] Diagonal Right Backward, [6] Left Together Toe Touch (Clap),

[7] Diagonal Left Backward, [8] Right Together Toe Touch (Clap)

□ Sec. 13□ Side Shuffle, Back, Recover

[1, 2] Right Side Shuffle [3] Left Back Rock [4] Right Recover

[5, 6] Left Side Shuffle [7] Right Back Rock [8] Left Recover

□ Sec. 14□ → □ Sec. 13□ Repeat

□ Sec. 15□ Quarter Turn Shuffle Step

[1, 2] (Left, 1/4t) Right Shuffle Step [2, 3] (Left, 1/4t) Left Shuffle Step

[5, 6] (Left, 1/4t) Right Shuffle Step [7, 8] (Left, 1/4t) Left Shuffle Step

□ Sec. 16□ Quarter Pivot Turn

[1] Right Forward [2] Pivot (Left, 1/4t) Left Side [3] Right Forward [4] Pivot (Left, 1/4t) Left Side

[5] Right Forward [6] Pivot (Left, 1/4t) Left Side [7] Right Forward [8] Pivot (Left, 1/4t) Left Side

□ Tag 32C□

[1] Together Right Weight [2] Left Weight [3] Right Weight [4] Left Weight

[5] Right Weight [6] Left Weight [7] Right Weight Pump [8] Left Weight

□ Sec. 17□ Jazz Box, Forward Step

[1] Right Cross [2] Left Back [3] Right Side [4] Right Forward Step

[5] Right Cross [6] Left Back [7] Right Side [8] Right Forward Step

□ **Sec. 18** □ → □ **Sec. 17** □ **Repeat**

□ **Sec. 19** □ **Jazz Box Right Quarter Turn, Forward Step**

[1] Right Cross [2] Left Back [3] Right Side, Right 1/4 Turn [4] Left Forward Step

[5] Right Cross [6] Left Back [7] Right Side, Right 1/4 Turn [8] Left Forward Step

□ **Sec. 20** □ → □ **Sec. 18** □ **Repeat**

□ **Sec. 21** □ **Forward, Back, Side Mambo**

[1] Right Forward/Left Recover [2] Right Together [3] Left backward/Right Recover [4] Left Together

[5] Right side/Left Recover [6] Right/Together [7] Left Side/Right Recover [8] Left Together

□ **Sec. 22** □ → □ **Sec. 21** □ **Repeat**

□ **Sec. 23** □ **Heel & Toe Touch, Hold**

[1] Right Heel Touch [2] Right Heel Touch [3] Left Toe Touch [4] Left Toe Touch

[5, 6] Right Heel Touch, hold [7, 8] Left Toe Touch, Hold

□ **Sec. 24** □ **Diagonal Forward, Together Step**

[1] Diagonal Right Forward [2] Diagonal Left Forward [3] Right back Rock [4] Left Recover

[5 ~ 8C] → [1 ~ 4C] Repeat

□ **Sec. 25** □ → □ **Sec. 24** □ **Repeat**

□ **Sec. 26** □ **Forward Toe Strut**

[1, 2] Right Toe Strut [2, 3] Left Toe Strut

[5, 6] Right Toe Strut [7, 8] Left Toe Strut

□ **Sec. 27** □ **Back Shuffle**

[1, 2] Right Back Shuffle [3, 4] Left Back Shuffle

[5 ~ 8C] → [1 ~ 4C] Repeat

□ Sec. 28□ Diagonal Forward, Together Step

[1] Diagonal Right Forward [2] Diagonal Left Forward [3] Right back Rock [4] Left Recover

[5 ~ 8C] → [1 ~ 4C] Repeat →

□ Sec. 29□ →□ Sec. 28□ Repeat

□ Sec. 30□ Forward Toe Strut

[1, 2] Right Toe Strut [2, 3] Left Toe Strut

[5, 6] Right Toe Strut [7, 8] Left Toe Strut

□ Sec. 31□ Back Shuffle

[1, 2] Right Back Shuffle [2, 3] Left Back Shuffle

[5 ~ 8C] → [1 ~ 4C] Repeat

□ Sec. 32□ Heel Swivel, Hold

[1] Heel Out [2, 3] Heel in (Hold)

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