

# BACK TO BASICS

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**Count:** 32      **Wall:** 4      **Level:** beginner

**Choreographer:** Heidi Noorland

**Music:** Back To Basics (Radio Edit) by 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  $\frac{1}{4}$  turn left, step left backwards with a  $\frac{1}{4}$  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