

Back To Basics

32 count, 4 wall, beginner level

Choreographer: Heidi Noorland (NL) May 2005
Choreographed to: Back To Basics by Shapeshifters
(radio edit)

Dance starts on vocals

Walk rl, 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 1/4 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 1/4 turn to the right (now facing the 3 o'clock wall)

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)

Break: 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 1/4 turn left, step left backwards with a 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