

# Back To Basics (P)

Count: 56

Wand: 0

Ebene: Partner

Choreograf/in: Roy East (UK)

Musik: Foolish Heart - The Mavericks



## Position: Sweetheart (Side by Side)

This dance has a basic pattern of 10 steps which is repeated 4 times (alternative feet), hence the name. Which means there are only 26 steps to learn. When teaching please emphasize the 'touch' after every 4th step (not including rock steps).

### MAN'S STEPS

#### ROCKS / WALK / VINE LEFT

- 1-2 Slight step forward on right foot and rock, rock back on left foot
- 3-4 Step forward right foot, step forward on left foot
- 5-6 Step forward on right foot, left foot touch beside right
- 7-8 Step to left on left foot, cross right foot behind left and step
- 9-10 Step to the left on left foot, touch right foot beside left

### MARK TIME / TOUCH

#### Drop Left Hands retain hold of Right hands

- 11-13 Walk in place right/left/right
- 14 Left foot touch beside right

#### ROCKS / WALK / VINE LEFT

#### Both hands joined at mans hips

- 15-16 Slight step forward on left foot and rock, rock back on right foot
- 17-18 Step forward on left foot, step forward on right foot
- 19-20 Step forward on left foot, touch right beside left
- 21-22 Step to right on right foot, cross left foot behind right and step
- 23-24 Step to right on right foot, touch left foot beside right

### MARK TIME / TOUCH

#### Drop Right Hands raise Left hands

- 25-27 Walk in place left/right/left
- 28 Right touch beside left

#### Now in Sweetheart position, with Lady on Man's left

#### ROCKS WALK VINE RIGHT

- 29-38 Repeat steps 1-10

### MARK TIME / TOUCH

- 39-41 Walk in place right/left/right
- 42 Touch right foot beside left

#### Now in Indian position both hands joined at Lady's shoulders

#### ROCKS / WALK / VINE

- 43-52 Repeat steps 15-24

### WALK / TOUCH

- 53-54 Step forward on left, step forward on right
- 55-56 Step forward on left, touch right beside left

#### Ending back into Sweetheart, with Lady on Man's right

## REPEAT

### LADY'S STEPS

#### ROCKS / WALK / VINE LEFT

- 1-2 Slight step forward on right foot and rock, rock back on left foot
- 3-4 Step forward right foot, step forward on left foot
- 5-6 Step forward on right foot, left foot touch beside right
- 7-8 Step to left on left foot, cross right foot behind left and step
- 9-10 Step to the left on left foot, touch right foot beside left

### ROLLING TURN / TOUCH

#### Drop Left Hands retain hold of Right hands

- 11-13 Walk-right, left, right
- 14 Making a full turn center/w ending behind man in reverse indian position

#### ROCKS / WALK / VINE LEFT

#### Both hands joined at mans hips

- 15-16 Slight step forward on left foot and rock, rock back on right foot
- 17-18 Step forward on left foot, step forward on right foot
- 19-20 Step forward on left foot, touch right beside left
- 21-22 Step to right on right foot, cross left foot behind right and step
- 23-24 Step to right on right foot, touch left foot beside right

### ROLLING TURN / TOUCH

#### Drop Right Hands raise Left hands

- 25-27 Walk, left, right, left, touch
- 28 Right foot making a full turn center/center/w

#### Now in Sweetheart position, with Lady on Man's left

#### ROCKS WALK VINE RIGHT

- 29-38 Repeat steps 1-10

### ROLLING TURN / TOUCH

- 39-41 Walk, right, left, right, touch
- 42 Left foot making a full turn center/w ending in Indian position

#### Now in Indian position both hands joined at Lady's shoulders

#### ROCKS / WALK / VINE

- 43-52 Repeat steps 15-24

### ROLLING TURN / TOUCH

- 53-54 Walk, left, right, left, touch
- 55-56 Right foot making a full turn center/w, ending back into sweetheart, with lady on man's right

## REPEAT

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