

Back To Basics

拍数: 64 墙数: 2 级数: Beginner
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音乐: I Feel a Heartache - Danni Leigh



STEP FORWARD & TAP (3 TIMES) - TRIPLE ON THE SPOT

1-2 Step forward on right foot, tap left foot next to right
3-4 Step forward on left foot, tap right foot next to left
5-6 Step forward on right foot, tap left next to right foot
7&8 Step left on spot, step right next to left, step left next to right

STEP RIGHT SIDE - TOGETHER - STEP TAP, STEP LEFT SIDE - TOGETHER - STEP TAP

1-2 Step right foot to right side, close left foot next to right foot
3-4 Step right to right side, tap left foot next to right & clap
5-6 Step left foot to left side, close right foot next to left foot
7-8 Step left to left side, tap right foot next to left & clap

STEP BACK - HEEL (3 TIMES) - TRIPLE ON THE SPOT

1-2 Step back on right foot, tap left heel out in front
3-4 Step back on left foot, tap right heel out in front
5-6- Step right foot back, tap left heel out in front
7&8 Triple on the spot (left, right, left)

ROLLING VINE TO THE RIGHT SIDE - ROLLING VINE TO THE LEFT SIDE

1-2 Step right foot to right side, turning a ½ to the right on the ball of right foot stepping the left foot down (you should be facing the back wall)
3-4 Turning a ½ to the right on the ball of left foot, step the right foot down (you should facing the front again), tap left foot next to right foot
5-8 Repeat the roll to the left side

Optional: instead of rolling vine, just do a straight vine (side, behind, side, tap)

STEP FORWARD - 3 BRUSHES - 2 SHUFFLES FORWARD (TWICE)

1-2 Step forward on right foot, brush left foot forward straightening the knee
3-4 Brush left foot back across right leg bending the knee, brush left foot forward straightening the knee
5&6-7&8 Shuffle forward on left foot (left, right, left), shuffle forward on right foot (right, left, right)
1-8 Repeat these 8 counts starting on the left foot

STEP - HOLD - ½ PIVOT - HOLD

1-4 Step forward on right foot, hold, ½ turn to the left (pivot), hold

4 TOE - HEEL STRUTS FORWARD

1-2 Step forward on right toe, lower right heel to floor
3-4 Step forward on left toe, lower left heel to floor
5-6 Step forward on right toe, lower right heel to floor
7-8 Step forward on left toe, lower left heel to floor

JAZZ BOX ON THE SPOT

1-2 Step right foot across in front of left foot, step left foot back
3-4 Step right foot to the right side, close left foot next to right foot

REPEAT

