

# 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

