

Basic Heel

拍数: 24 墙数: 4 级数: Ultra Beginner
编舞者: Rafel Corbí (ES)
音乐: Honky Tonk Heart - Highway 101



HEEL-RETURN TWICE, HEEL-HOOK-HEEL-RETURN

1-2 Left heel touch forward, back to center
3-4 Right heel touch forward, back to center
5-6 Left heel touch forward, hook left heel over right foot
7-8 Left heel touch forward, back to center

HEEL-HOOK-HEEL-RETURN, SWIVELS

9-10 Right heel touch forward, hook right heel over left foot
11-12 Right heel touch forward, back to center
13-14 Swivel both heels out, back to center
15-16 Swivel both heels out, back to center

MODIFIED GRAPEVINE, STEPS FORWARD & STOMP UP

17-18 Left foot step to left side, right foot behind left
19-20 Step left to the left, do a ¼ turn to the right and hook right over left
21-22 Step right forward, step left forward
23-24 Step right forward, stomp up left beside right

REPEAT
