

Back To Basics (P)

拍數: 56 牆數: 0 級數: Partner
編舞者: Roy East (UK)
音樂: 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
