

# Basic Heel

拍數: 24      牆數: 4      級數: Ultra Beginner  
編舞者: Rafel Corbí (ES)  
音樂: Honky Tonk Heart - Highway 101



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## 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**

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