



Specializing in
Line Dancing &
Couples Flow Dancing
To All Types of Music

- Weekly Classes
- Weekly Dances
- Beginner Lessons
- Intermediate Lesson
- Partner Lessons
- D.J. Service

Website: www.countryplus.org
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Back 2 Basics

Choreographed by Greg & Samantha Van Zilen

Description: 32 count, beginner partner/circle dance

Music: Hey Soul Sister by Train [CD: CD Single / Available on iTunes]

Position: Side by Side. Same footwork
Start dancing on lyrics

CHARLESTON, RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD

- 1-2 Touch right forward, step right back
3-4 Touch left toe back, step left forward
5&6 Chassé forward right, left, right
7&8 Chassé forward left, right, left

STEP RIGHT, TURN ½ LEFT, STEP RIGHT, TURN ½ LEFT, RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD

- 9-10 Step right forward, turn ½ left (weight to left)
On count 9 release right and raise left hands. Keep left hands raised during turns
11-12 Step right forward, turn ½ left (weight to left)
On count 12 lower left hands and rejoin right to Side By Side Position
13&14 Chassé forward right, left, right
15&16 Chassé forward left, right, left

JAZZ BOX, RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD

- 17-18 Cross right over left, step left back
19-20 Step right to side, step left forward
21&22 Chassé forward right, left, right
23&24 Chassé forward left, right, left

ROCKING CHAIR, RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD

- 25-26 Rock right forward, recover to left
27-28 Rock right back, recover to left
29&30 Chassé forward right, left, right
31&32 Chassé forward left, right, left

REPEAT
