Back at It



Count: 64 Wand: 4 Ebene: Phrased Intermediate

Choreograf/in: Aurora de Jong (USA) - October 2024

Musik: Back at It - Zayde Wølf



Dance starts after 16 counts of the heavy beat.

Sequence: A AB AC AB A CCBB A Tag AA

On the bright side, there are NO RESTARTS! AND the tag is only 8 counts, facing 12:00! Don't panic! Watch the video and listen to the song a few times and it'll be a piece of cake!!

Part A (32 counts)

[1-8] Walk forward, step ½ back, shuffle back, rock/recover, ¼ right L hitch, step left to side

1-2 Step R forward (1), step L back turning ½ right (2) (6:00)

3&4 Shuffle back RLR

5-6 Rock L back (6), recover to R (7)

7-8 Hitch L, making ¼ right pivot (7), step L to left (8) (9:00)

[9-16] Touch R forward-side, 1/4 right sailor, L V step

1-2 Touch R forward (1), touch R out to right (2)

3&4
 ½ sailor right: Step R back, turning ½ right (3), step ball of L to R (&), step R forward (4)
 L 'V' step: step L forward and slightly out to the left (5), step R forward and slightly out to the

R (6), step L home (7), step R home (8) (12:00)

[17-24] Pivot ¼ right, body roll, hitch back 2x

1 Pivot both heels ¼ left, making a ¼ right turn (3:00)

2-4 Body roll over 3 counts, into a slight "sit" (I make a slight "sit" on the & of 1 and "unsit" and roll

forward, then back to the "sit" on count 4)

5-6 Hitch R up and back (5), step R back (6) 7-8 Hitch L up and back (7), step L back (8)

[25-32] Rock back/recover, R shuffle forward, L step forward and bounce around ½ right

1-2 Rock R back (1), recover to L (2)

3&4 Shuffle forward RLR5 Step L forward (5)

6-8 Bounce heels up and down 3x while making a ½ right turn (keeping weight on the back foot

(the L foot) (9:00)

Part B - "Clapping" (16 counts)

7-8

[1-8] Walk forward and back while clapping!

Step R forward (1), step L forward (2)
Step R forward (4), touch L forward (4)
Step L back (5), step R back (6)
Step L back (7), touch R back (8)

During counts 1-8, clap twice as fast as you're walking, so you'll be clapping 2x for each step or touch

[9-16] THE SAME AS COUNTS 1-8, only making 1/4 right turn!

Step L back (7), touch R back (8)

1-2	Step R forward	. making a ¼ t	urn riaht (1).	step L forward (2)

3-4 Step R forward (3), touch L forward (4)5-6 Step L back (5), step R back (6)

Same clapping on counts 9-16: clap twice as fast as you're walking, so you'll be clapping 2x for each step or touch

Part C - "Muscles" (16 counts)

[1-8] Slow step forward with "muscle arms", 2 quick steps forward, dropping one arm with each step, ¼ step pivot left

otep it forward, making lists and holding both arms in the all like you're showing on you	1-3	Step R forward, making fists and holding both arms in the air like you're showing off your
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biceps (1), hold (2), hold (3)

4-6 Step L forward and drop your R arm across your body, still making fist (4), step R forward

and drop your L arm across your body, still making fist (5), hold (6)

7-8 Pivot ¼ left, putting weight to L (7), hold (8)

[9-16] THE SAME AS COUNTS 1-8! Yeah! Slow step forward with "muscle arms", 2 quick steps forward, dropping one arm with each step, 1/4 step pivot left

1-3 Step R forw	ard, making fists and hold	ing both arms in the air I	ke you're showing off your
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biceps (1), hold (2), hold (3)

4-6 Step L forward and drop your R arm across your body, still making fist (4), step R forward

and drop your L arm across your body, still making fist (5), hold (6)

7-8 Pivot ¼ left, putting weight to L (7), hold (8)

Tag (8 counts) - facing 12:00

Walk forward and hitch 2x, walk back and hitch 2x (optional arms: pump opposite fist in the air with each hitch)

1-2	Step R forward (1), hitch L leg and punch sky with R fist (2)
3-4	Step L forward (3), hitch R leg and punch sky with L fist (4)
5-6	Step R back (5), hitch L leg and punch sky with R fist (6)
7-8	Step L back (7), hitch R leg and punch sky with L fist (8)

The dance ends after the second time through A following the Tag. If you want to end at the front, change the last 4 counts (counts 29-32) to a L 'V' step instead of the step bounce around! EZ PZ

Questions?

Contact: aurora.dejong@gmail.com

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