

Step Back

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Bill Bader (CAN)

Musik: Angelyne - Nitty Gritty Dirt Band



BACK, TOGETHER, BACK, HITCH, FORWARD, TOGETHER, FORWARD, HITCH ½ TURN LEFT

- 1-2-3 Step right back, step left beside right, step right back
- 4 Hitch left knee up
- 5-6-7 Step left forward, step right beside left, step left
- 8 Hitch right knee up across left turning ½ left (now facing the 6:00 wall)

BACK, TOGETHER, BACK, HITCH, FORWARD, TOGETHER, FORWARD, HITCH ¼ TURN LEFT

- 1-2-3 Step right back, step left beside right, step right back
- 4 Hitch left knee up
- 5-6-7 Step left forward, step right beside left, step left
- 8 Hitch right knee up across left turning ¼ left (now facing the 3:00 wall)

VINE RIGHT 3 STEPS, HITCH, VINE LEFT 3 STEPS, HITCH

- 1-2-3 Step right to right side, cross step left behind right, step right to right side
- 4 Hitch left knee up
- 5-6-7 Step left to left side, cross step right behind left, step left to left side
- 8 Hitch right knee up

STEP BACK WITH HIP PUSH, HOLD, FORWARD HIP PUSH, HOLD, PUSH HIPS BACK-FORWARD- BACK-FORWARD

- 1-2 Step right back pushing hips back to right, hold. (feet remain in place now until the end.)
- 3-4 Push hips forward to left, hold
- 5-6 Push hips back to right, then forward to left
- 7-8 Push hips back to right, then forward to left

REPEAT
