

# Back In The Saddle

Count: 40

Wand: 4

Ebene: Beginner

Choreograf/in: Nancy Speirs (CAN)

Musik: Back In the Saddle - Matraca Berg



## **STEP, SLIDE, STEP, SCUFF, STEP, SLIDE, STEP, SCUFF**

- 1-2 Step right foot forward, slide left foot up to right, locking toes just behind right heel
- 3-4 Step right foot forward, scuff left foot forward
- 5-6 Step left foot forward, slide right foot up to left, locking toes just behind left heel
- 7-8 Step left foot forward, scuff right foot forward

## **BACK, SLAP, BACK, SLAP, STOMP, STOMP, HEEL SPLIT**

- 1-2 Step back on right foot, hitch left foot up in front of right knee, slapping heel with right hand
- 3-4 Step back on left foot, hitch right foot up in front of left knee, slapping heel with left hand
- 5-6 Stomp right foot, stomp left foot beside right
- 7-8 Keeping toes together, swing heels out to sides and back in to center

## **VINE RIGHT WITH SCUFF, VINE LEFT WITH ¼ TURN AND SCUFF**

- 1-4 Step right foot to right side, step left behind, step right foot to right side, scuff left foot forward
- 5-8 Step left foot to left side, step right behind, step left foot ¼ turn to left, scuff right foot forward

## **STEP, BRUSHES (BRUSH LIGHTLY WITH BALL OF FOOT)**

- 1-2 Step right foot forward, brush left foot forward
- 3-4 Brush left foot back, hooking across right shin, brush left foot forward (opposite direction in front of right shin)
- 5-6 Step left foot forward, brush right foot forward
- 7-8 Brush right foot back, hooking across left shin, brush right foot forward (opposite direction in front of left shin)

## **ROCK FORWARD, TOUCH TOE, ROCK BACK, TOUCH HEEL**

- 1-2 Rock weight forward onto right foot, touch right toe beside left foot
- 3-4 Rock weight back onto left foot, touch right heel forward

## **STEP BACK, TOUCH HEEL, STEP BACK, TOUCH TOE**

- 5-6 Step right foot back, touch left heel forward
- 7-8 Step left foot back, touch right toe beside left foot

**REPEAT**

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