

# Back Into It

Count: 48

Wand: 4

Ebene: Intermediate/Advanced

Choreograf/in: Guyton Mundy (USA)

Musik: U R the One - Usher



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## FRONT KICK (TWICE), ¼ TURN SIDE KICK, TOGETHER, SIDE ROCK/RECOVER, SCUFF, SYNCOPATED VINE

- 1&2 Kick right foot forward, switch to kick left foot forward  
3&4 While doing ¼ turn to the left kick right foot to right side, bring feet together, step right foot to right side rocking to right side  
5-6 Recover to left, scuff right foot while making ½ turn to the left  
7&8 Step out right, cross left behind right, step out right

## SWEEP TURN, HEEL SWIVEL, COASTER, STEP, STEP

- 1-2 Sweep left toe around while making ¾ turn to the right  
&3-4 Swivel left heel to left, return to neutral, slide left foot beside right  
5&6 Step back left, step together right, step forward left  
7-8 Step forward right-left

## WALK BACK, HEEL RAISE, ¼ TURN SAILOR

- 1-2 Walk back right-left  
3&4 Walk back right, raise left heel, replace heel  
5&6 While doing ¼ turn to the left step behind with right, step together with left, step out wide with right  
7-8 Drag left foot into right (keeping weight on right)

## LEFT SAILOR, ROCK/RECOVER, FULL TURN WALK AROUND, STEP, STEP

- 1&2 Step behind with left, step together with right, rock forward on left  
3 Recover back on right  
4-5-6 Do full turn while stepping left-right-left  
7-8 Step forward right-left

## HITCH, SHOULDER ROCKS, SYNCOPATED VINE, ROCK/RECOVER

- 1-2 Hitch right knee, make ¼ turn to the right placing right foot down shoulder-width apart  
3-4 Rock shoulders left-right  
5&6 Cross left behind right, step out right, cross left in front of right  
7-8 Rock out to right side, recover to left side

## SHOULDER ROCKS, ¼ TURN SAILOR, 1 ½ TURN, LEFT COASTER

- 1-2 Rock shoulders right-left  
3&4 While making ¼ turn to the left step behind right, step together left, step forward right  
5-6 Do 1 ½ turn on right foot  
7&8 Step back left, step together right, step forward left

**REPEAT**

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