

# Backslidin'

Count: 32

Wand: 4

Ebene:

Choreograf/in: Lana Harvey (USA)

Musik: Draggin' My Heart Around - Travis Tritt



## FORWARD VINE, BACK SLIDES

- 1 Step forward on left
  - 2 Step forward and to outside of left with right
  - 3 Step forward on left
- (You will be moving forward and slightly left on 1-3)**
- 4 Touch right heel next to instep of left
  - 5 Step back on right
  - & Slide left back to right
  - 6 Step back on right
  - & Slide left back to right
  - 7 Step back on right
  - & Slide left back to right
  - 8 Step back on right

**(You will be moving back and slightly right on 5-8)**

## FULL TURNS

- 9 Step left  $\frac{1}{4}$  turn to left
  - 10&11 Shuffle right, left, right turning  $\frac{3}{4}$  to left
- (You have now made one full turn left)**
- 12 Step left next to right
  - 13 Step right  $\frac{1}{4}$  turn to right
  - 14&15 Shuffle left, right, left turning  $\frac{3}{4}$  turn to right
- (You have now made one full turn right)**
- 16 Step right next to left

## STEP, KICK-BALL CHANGE, KICK, CROSS, KICK, CROSS, BACK

- 17 Step forward on left
- 18 Kick right forward
- & Step on ball of right and lift left off ground
- 19 Step left in place
- 20 Kick right forward
- 21 Cross right over left
- 22 Kick left forward
- 23 Cross left over right
- 24 Step back on right

## HIP BUMPS

- 25 Step on left with toes pointing 45 degrees to right, bump hips to left
  - 26 Bump hips to left
  - 27 Bump hips to right
  - 28 Bump hips to right
  - 29 Step on left with toes pointing 45 degrees to left side
  - 30 Step right parallel to left slightly apart
- (You are now facing 45 degrees left)**
- 31 Bump hips to right
  - 32 Bump hips to right

**As you start the dance over, step forward another 45 degrees left. You are now facing a new wall  $\frac{1}{4}$  turn left**

of where you started the dance.

REPEAT

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