

Backbone

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Isabell Allert (DE) - August 2018

Music: Backbone - Daughtry



Intro: 8 counts

(1-8) Out, Out, In, Step, Hitch with hip bump, Step, Anker Step, Step

- 1, 2 Step right foot out, step left foot out
- &3 Step right foot in, step left foot forward
- 4, 5 Lift right knee, while stretching hip up, step right foot forward
- 6&7 Step left foot forward, step right foot in place, step left foot in place
- 8 Step right foot forward

EasyOption Hitch with Hipbump: Do a normal Hitch

(9-16) Step ½ Turn, Dorothy Steps, Step, Close

- 1, 2 Step left foot forward, ½ turn right
- 3&4 Step left foot forward, lock right foot behind left, step left foot forward
- 5&6 Step right foot forward, lock right foot behind left, step right foot forward
- 7, 8 Step left foot forward, close right foot next to left

Tag1 here in Wall 3 weight change after closing on the left (6h)

Tag2 here in Wall 5 (12h)

Restart here in Wall 6 weight change after closing on the left (6h)

(17-24) Coaster Step, Step ¼ Turn, Crossshuffle, Side Rock

- 1&2 step left foot back, step right foot next to left, step left foot forward
- 3, 4 Step right foot forward, ¼ turn left
- 5&6 Step left foot to the side, cross right foot over left, step left foot to the side, cross right foot over left
- 7,8 Step left foot to the side, weight back on right

(25-32) Sailor ¼ Turn, Back, Back, Coaster Step, Anchor Step

- 1&2 ¼ turn left, cross left foot behind right, step right foot to the side, weight back on right
- 3, 4 Step right foot back, step left foot back
- 5&6 Step right foot back, step left foot next to right, step right foot forward
- 7&8 step left foot backwards, step right foot in place, step left foot in place

Tag 1 here after the 1. Wall (12h)

Tag 1

(1-8) Step, Hold, ½ Turn, Hold, Step, Hold, ½ Turn, Hold

- 1, 2 Step right foot forward, hold
- 3, 4 ½ Turn left, hold
- 5, 6 Step right foot forward, hold
- 7, 8 ½ Turn left, hold

Tag 2

(1-8) Side, Armmovement, Cross, Full Spiralturn, Side

- 1 Step right foot to the side
- 2-4 lift both arms up and angle at right angles (lyrics: are you strong enough)
- 5 cross right foot over left
- 6, 7 Full Spiralturn left
- 8 Step right foot to the side

EasyOption Full Spiralturn: After cross right over left, hold one count, step right foot to the side and hold one

count

(9-16) Sweep back, Sweep back, Sweep back, Sweep back, Bodymovement, Side

- 1, 2 sweep left foot backwards, sweep right foot backwards
- 3, 4 sweep left foot backwards, sweep right foot backwards
- 5 Bend upper body forward
- 6, 7 Bend upper body back in starting position
- 8 Step right foot to the side

(17-24) Step ½ Turn, Step ½ Turn, Out, Out, Coaster Step

- 1, 2 Step left foot forward, ½ turn left
- 3, 4 Step left foot forward, ½ turn left
- 5, 6 Step left foot out, step right foot out
- 7&8 Step left foot back, step right foot next to left, step left foot forward

Last Update – 23 Sept 2018
