

# Backbone

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Lydia Shepherd (USA) - April 2024

Music: Backbone - Cassidy Daniels



**Intro: Begins 24 seconds in with the start of the lyrics "Once upon a time..."**

## **Section 1: R & L Diagonal Step Together Step Scuff**

- 1,2 Step R foot forward on the diagonal, Step L next to R
- 3,4 Step R foot forward on the diagonal, Scuff L Foot
- 5,6 Step L foot forward on the diagonal, Step R next to L
- 7,8 Step L foot forward on the diagonal, Scuff R foot

## **Section 2: Right Rocking Chair and Two 1/8 Push Turns L**

**(Styling tip: Roll hips and do a lasso with the Push Turns)**

- 1-4 Rock forward on right, recover left, rock right back, recover left
- 5-8 L Ball Of Foot Remains On The Floor As The R Ball Of Foot Touches 2 Times To Push Around 1/4L

## **Section 3: R Touch, L Touch, R together R Touch**

**(Styling: Add body rolls with the movements, use that backbone!)**

- 1,2 Step R foot to R side, touch L to inside of R foot
- 3,4 Step L foot to L side, touch R to inside of L foot
- 5,6 Step R foot to R side, step L next to R
- 7,8 Step R foot to R side, touch L to inside of R foot

## **Section 4: L Touch, R Touch, L Together L Touch**

**(Styling: Add body rolls with the movements, use that backbone!)**

- 1,2 Step L foot to L side, touch R to inside of L foot
- 3,4 Step R foot to R side, touch L to inside of R foot
- 5,6 Step L foot to L side, step R next to L foot
- 7,8 Step L foot to L side, touch R to inside of L foot

**Repeat and happy dancing!**

Contact: Lydia Shepherd [Lydia90210@gmail.com](mailto:Lydia90210@gmail.com)