

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!

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