

# Looking Back

Count: 32

Wall: 4

Level: Beginner

Choreographer: Wiwik Katarina (INA) - June 2024

Music: Over My Shoulder - Mike + The Mechanics



Intro : 16 C

There are 3 tags in this dance

## I. BACK ROCK – RECOVER – TOGETHER, BACK ROCK – RECOVER – TOGETHER, SIDE, SHOULDER PUSH

- 1 & 2 Rock R back angling your body  $\frac{1}{4}$  R (1), Recover on L (&), R together (2)
- 3 & 4 Rock L back angling your body  $\frac{1}{4}$  L (3), Recover on R (&), L together (4)
- 5 & 6 R side push R shoulder to R (5), Back to center (&), Push R shoulder to R (6)
- 7 & 8 Do the same on your L shoulder

## II. (CROSS MAMBO – SIDE ) R L, FWD, $\frac{1}{2}$ L PIVOT – FLICK, FWD SHUFFLE

- 1 & 2 Cross R over L (1), Recover on L (&), R to side (2)
- 3 & 4 Cross L over R (3), Recover on R (&), L to side (4)
- 5 6 R fwd (5),  $\frac{1}{2}$  L In place flick R back facing 6:00 (6)
- 7 & 8 R fwd (7), L together (&), R fwd (8)

## III. ( L FWD HEEL TOUCH – R TOE TOUCH BESIDE L ) 2X, $\frac{1}{4}$ JAZZ BOX WITH CHASSE

- 1 & 2 & Touch L heel fwd (1), L close to R (&), Touch R close to L (2), R in place (&)
- 3 & 4 Touch L heel fwd (3), L close to R (&), Touch R close to L (4)
- 5 6 Cross R over L (5),  $\frac{1}{4}$  R step L back facing 9:00 (6)
- 7 & 8 R to side (7), L together (&), R to side (8)

## IV. ( PUSH FWD – RECOVER – TOGETHER ) L R , FWD, $\frac{1}{2}$ R HEEL BOUNCE, TOGETHER

- 1 & 2 Push L fwd angling body to R (1), Recover on R (&), L together (2)
- 3 & 4 do the same on RF
- 5- 8 L fwd (5),  $\frac{1}{4}$  R bounce your heels (6),  $\frac{1}{4}$  R bounce your heels facing 3:00 (7), L together or jump together facing 3:00 (8)

### # TAG 1 ( 4 C ) after Wall 3 & 5

- 1 & 2 Rock R back angling body to R (1), Recover on L (&), R together (2)
- 3 & 4 Do the same on L

### # TAG 2 ( 8 C ) after Wall 7

- 1 - 8 V Step + TAG 1

Enjoy the dance

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Last Update – 18 Jun. 2024 – R1