

# Backtracking

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Stephen Sunter (UK)

Music: How Do I Live (Mr. Mig Remix) - LeAnn Rimes



## RIGHT & LEFT SAILOR STEPS, ¼ TURNS RIGHT TWICE

- 1&2 Cross right behind left, step left to left side, step right to place  
3&4 Cross left behind right, step right to right side, step left to place  
5-6 Step back right making ¼ turn right, step left beside right  
7-8 Step forward right making ¼ turn right, step left to left side

## RIGHT & LEFT SAILOR STEPS, ¼ TURNS RIGHT TWICE

- 9-16 Repeat counts 1-8

## SYNCOPATED VINE RIGHT WITH HITCH, POINT, CROSS & HEEL TWIST

- 17-18 Step right to right side, cross left behind right  
&19-20 Step right to right side, hitch left knee, point left toe to left side  
21-22 Hitch left knee, cross left over right  
23 With feet crossed twist both heel right and upper body left  
24 Twist back to center

## SYNCOPATED VINE LEFT WITH HITCH, POINT, CROSS & HEEL TWIST

- 25-26 Step left to left side, cross right behind left  
&27-28 Step left to left side, hitch right knee, point right toe to right side  
29-30 Hitch right knee, cross right over left  
31 With feet crossed twist both heel left and upper body right  
32 Twist back to center

## 1 & ¼ TURN RIGHT, RIGHT SHUFFLE, ROCK STEP, ½ TURN SHUFFLE

- 33 Step right ¼ turn right  
34 On ball of right pivot ½ turn right stepping back left  
35 On ball of left pivot ½ turn right stepping forward right  
&36 Close left beside right, step forward right  
37-38 Rock forward on left, rock back onto right  
39 On ball of right pivot ½ turn left stepping forward left  
&40 Slide right beside left, step forward left

## FULL TURN & RIGHT SHUFFLE, ROCK, BACK ½ TURN, ¼ TURN STEP

- 41 On ball of left turn ½ turn left stepping back right  
42 On ball of right turn ½ turn left stepping forward left  
43&44 Step forward right, close left beside right, step forward right  
45-46 Rock back on left, touch right toe back  
47 Turn ½ turn right taking weight forward onto right  
48 On ball of right turn ¼ turn right stepping left to left side

## CROSS BEHIND, CLAP, SIDE STEPS, CROSS BEHIND, CLAP, SIDE STEPS

- 49-50 Cross right behind left, hold & clap  
51-52 Step left to left side, step right to right side  
53-54 Cross left behind right, hold & clap  
55-56 Step right to right side, step left to left side

During these steps travel slightly back

**CROSS BEHIND, CLAP, SIDE STEPS, CROSS BEHIND, CLAP, SIDE STEPS**

57-64

Repeat counts 49-56

**REPEAT**

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