

# Back It Up

**Count:** 32

**Wall:** 4

**Level:** Easy Intermediate

**Choreographer:** Mary Phillips (USA) - August 2013

**Music:** Back It Up - Caro Emerald



**Start on vocals**

## **Scuff, Hitch, Step Back, Back Left Coaster Step X2**

- 1&2 scuff right foot forward, hitch right knee up, step back on right foot.  
3&4 step back on left foot, step right next to left, step left foot forward.  
5&6 scuff right foot forward, hitch right knee up, step back on right foot.  
7&8 step back on left foot, step right next to left, step left foot forward.

## **Pivot 1/4, Twist 1/4, Coaster Step, Step Slide**

- 1-2 step right foot forward, pivot 1/4 to the left. (weight on left)  
3&4 twisting heels left, right, left. making a 1/4 turn right (weight on left)  
5&6 step back on right foot, step left next to right, step right foot forward.  
7-8 step left forward, slide right next to left and take weight.

**Restart here on wall 9 facing 12 o'clock, dance first 16 counts, then Restart  
Instead of taking weight on count 8, just touch right**

## **Point Hitch 1/4 Turn Step, Paddle 1/2, Heel Jack, Cross Shuffle.**

- 1&2 Point left toe forward, small hitch up, turn 1/4 left and step left forward. (9 O'clock)  
3&4& step forward On the ball of right foot, turn 1/4 left, Repeat  
5&6& Cross right over left, step right foot slightly back, touch right heel diagonal, step right next to left.  
7&8 Cross left over right, step right to the right side, cross left over right.

## **Turn 1/4 Turn 1/4, Step And Bump, Turn 1/2 And Bump, Forward Rock And Touch Back**

- 1-2 stepping back on right foot turn 1/4 ccw. turning 1/4 ccw step left foot forward.  
3&4 step right foot forward, bump hips RLR. (weight on right)  
5&6 Turning 1/2 left step left forward and bump hips LRL (weight on left)  
7&8 Rock forward on right, back on left, touch right toe back.

**Begin again and have fun.**

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**Last Revision - 21st August 2013**

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