

# Backbone

**Compte:** 32

**Mur:** 4

**Niveau:** Absolute Beginner

**Chorégraphe:** Lydia Shepherd (USA) - April 2024

**Musique:** 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)

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