

Back At One

Compte: 72

Mur: 2

Niveau: Intermediate nightclub

Chorégraphe: Roy Thompson (UK)

Musique: Back At One - Shayne Ward



Start after 1 beat (on vocals), starting on count 2 of the dance. This is a very quick start

STEP, STEP ½ PIVOT, ¼ SIDE, BEHIND SIDE CROSS, SWAY, BEHIND ¼ FORWARD SIDE

Remember: start wall 1 on step 2 of the dance

- 1-2& Step forward on right, step left forward, pivot ½ turn right
- 3 ¼ turn right stepping left to left side
- 4&5 Step right behind left, step left to left side, step right across left
- 6-7 Step left to left side swaying left, sway right
- 8&1 Step left behind right, ¼ turn right stepping forward on right, step left to left side

BEHIND SIDE, CROSS UNWIND, BACK RECOVER SIDE, BACK RECOVER SIDE SIDE, BACK RECOVER SIDE

- 2& Step right behind left, step left to left side
- 3 Cross right over left unwind ½ turn (weight on right)
- 4&5 Rock back on left, recover on right, step left to left side
- 6&7& Rock back on right, recover on left, step right to right side, step left to left side
- 8&1 Rock back on right, recover on left, step right to right side

CROSS SIDE CROSS RECOVER, EXTENDED WEAVE ¼ TURN, STEP ½ PIVOT STEP

- 2& Cross left over right, step right to right side
- 3-4 Cross left over right, recover on right
- 5&6&7 Step left to left side, cross right over left, step left to left side, step right behind left, ¼ turn left stepping forward on left
- 8&8 Step forward on right, pivot ¼ turn left, step forward on right

WALK, FORWARD TOGETHER, BACK LOCK BACK, BACK ROCK RECOVER, STEP LOCK STEP, BACK RECOVER

- 1-2& Step forward on left, step forward on right, step left next to right
- 3-4& Step back on right, lock left over right, step back on right
- 5-6 Rock back on left, recover on right
- 7&8 Step forward on left, lock right behind left, step forward on left
- &1 Rock back on right, recover on left

Restart point

BACK, SAILOR ½ TURN, SWAY RIGHT LEFT, FORWARD SHUFFLE

- 2& Step back on right, sweep left from front to back
- 3&4 Step left behind right, ¼ turn left stepping right to right side, ¼ turn left stepping forward on left
- 5-6 Step right to right side swaying right, replace weight on left swaying left
- 7&8 Step forward on right, step left next to right, step forward on right

STEP ¼ PIVOT, CROSS, SIDE ROCK RECOVER CROSS, LEFT CHASSE, COASTER STEP, TOGETHER

- &1-2 Step forward on left, ¼ pivot right, cross left over right
- 3&4 Rock right to right side, recover on left, cross right over left
- 5&6 Step left to left side, step right next to left, step left to left side
- 7&8& Step back on right, step left next to right, step forward on right, step left next to right

FORWARD ROCK RECOVER ½ TURN, ¼ SIDE, SIDE, CROSS ¼ BACK SIDE, STEP LOCK STEP, STEP

- 1-2& Rock forward on right, recover on left, ½ turn right stepping forward on right
3-4 ¼ turn right stepping left to left side, step right to right side
5&6 Cross left over right, ¼ turn left stepping back on right, step left to left side
7&8& Step forward on right, lock left behind right, step forward on right, step forward on left

CROSS SIDE BEHIND, SIDE BACK ROCK RECOVER, SIDE BEHIND ¼ FORWARD, SPIRAL, FORWARD

- 1-2& Cross right over left, step left to left side, step right behind left
3&4 Step left to left side, rock back on right, recover on left
5-6& Step right to right side, step left behind right, ¼ turn right stepping forward on right
7-8 Stepping forward on left spiral full turn over right, rock forward on right

RECOVER, COASTER STEP, TOUCH, LEFT ROLLING VINE, TOUCH, SIDE TOGETHER, STEP LOCK

- 1-2 Recover on left, step back on right
&3-4 Step left next to right, step forward on right, touch left next to right
5&6& ¼ turn left step left forward, ½ turn left step back on right, ¼ turn left step left to left side, touch right next to left
7& Step right to right side, step left next to right
8& Step forward on right, lock left behind right

Step 1 of the dance completes the step lock step

REPEAT

TAG

At end of wall 1 (the first step of the tag completes the step lock step)

BACK, ROCK BACK, RECOVER, FORWARD

- 1-2-3-4 Step forward on right, step back on left, rock back on right, recover on left

RESTART

On wall 3 after 33 counts, restart dance (count for restart should be 7 & 8 & 9 restart)
