

Backtracking

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: Stephen Sunter (UK)

Musique: 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
