

# Back It Up

Compte: 32

Mur: 4

Niveau: High Beginner / Easy  
Intermediate



Chorégraphe: Terry Pournelle (USA) - July 2011

Musique: Back It Up - Caro Emerald

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Alternative music: Rolling In The Deep by Adele - Intro 8 counts

Intro 32 counts (Back it Up)

## WALK RIGHT, LEFT, ANCHOR STEP, LEFT COASTER, BRUSH HITCH CROSS

- 1-2 Step right forward, step left forward  
3&4 Step right slightly behind left, step left in place, step right slightly behind left and slightly sideways  
5&6 Step left back (squaring up to front wall), step right back, step left forward  
7&8 Brush right foot, hitch right knee, cross right over left (weight on right)

## COASTER, POINT & POINT, HEEL & HEEL, ROCK RECOVER

- 1&2 Step left back, step right back, step left forward  
3&4& Touch right toes to right side, step right together, touch left toes to left side, step left together  
5&6& Touch right heel forward, step right together, touch left heel forward, step left together  
7-8 Rock right forward, recover left

## LOCK STEP BACK, TOUCH UNWIND, SCISSORS RIGHT & LEFT

- 1&2 Step right back, lock left in front of right, step right back  
3-4 Touch left toe behind right heel, unwind  $\frac{3}{4}$  turn (3:00) (weight on left)  
5&6 Step right to right, step left next to right, cross right over left  
7&8 Step left to left, step right next to left, cross left over right

## ROCK RECOVER, FULL TURN TRIPLE IN PLACE, ROCK RECOVER, BACK, BACK, TURNING $\frac{1}{2}$ STEP FORWARD

- 1-2 Right rock forward, recover left  
3&4 Triple in place turning a full turn right, stepping right, left, right

### Variation for 3&4: Coaster step

- 5-6 Left rock forward, recover right  
7&8 Step back left, step back right, turn  $\frac{1}{2}$  turn left stepping forward left (9:00) REPEAT AND ENJOY!

\*\*\*Special thanks to The Carolina Girls for all their support and to Barbara Gehlmann for the song suggestions.\*\*\*

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