

# Back it Up, Now!

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Pim van Grootel (NL) & Bella Scholtz  - June 2015  
音乐: Back It Up (feat. Pitbull) - Prince Royce



Starts after: After 32 Counts

## S1: Basic Samba Steps, R, L, Shuffle Fwd, Diagonal R, Kick, Cross Shuffle Back, Kick

1            RF□ Step to right side  
&            LF□ Rock back  
2            RF□ Recover weight  
3            LF□ Step to left side  
&            RF□ Rock back  
4            LF□ Recover weight  
5            RF□ Step side, Diagonal right forward - □(10.30)  
&            LF□ Step next to RF  
6            RF □ Step side, Diagonal right forward - □(10,30)  
&            LF□ Kick to left side  
7            LF□ Step side, Diagonal left backwards □(10.30)  
&            RF□ Cross over LF  
8            LF□ Step side, Diagonal left backwards□(10.30)  
&            RF□ Kick to right side,□ (Body rotate to 12.00)  
(Note: Count 5 up to 8& is done in the diagonals from 1.30 – 7.30, Body is Facing 10.30)

## S2: Sailor Step R, L, Cross Behind, Shuffle L, Rock R, Recover Weight

1            RF□ Cross behind LF□(12.00)  
&            LF□ Step to left side  
2            RF□ Small step to right side  
&            LF□ Cross behind RF  
3            RF□ Step to right side  
&            LF□ Small step to left side  
4            RF□ Cross behind LF  
5            LF□ Step to left side  
&            RF□ Step next to LF  
6            LF□ Step to left side  
7            RF□ Rock to right side  
8            LF□ Recover weight

## S3: Step Fwd 1/8 Turn L, 1/2 Turn L, Cross Shuffle 1/2 Turn L, Full Turn L, Coaster Step, Flick

1            RF□ Step diagonal left forward□□(10.30)  
2            LF□ 1/2 Turn left, stepping forward□(4.30)  
3            RF□ 1/4 Turn left, stepping to right side □(3.00)  
&            LF□ Cross over RF  
4            RF□ 1/4 Turn left, stepping backwards□(10.30)  
5            LF□ 1/2 Turn left, stepping forward□(4.30)  
6            RF□ 1/2 Turn left, stepping backwards□(10.30)  
7            LF□ Step backwards  
&            RF□ Step next to LF  
8            LF□ Step forward  
&            RF□ Flick backwards

**S4: Rocking Chair, Cross Rock Step, Cross Rock Step, Cross Over, ¼ Turn R**

- 1 RF □ Rock forward □ □ □ (10.30)
- & LF □ Recover weight
- 2 RF □ Rock backwards
- & LF □ Recover weight
- 3 RF □ 1/8 Turn right, crossing over LF □ (12.00)
- & LF □ Rock to left side
- 4 RF □ Recover weight
- 5 LF □ Cross over RF
- & RF □ Rock to right side
- 6 LF □ Recover weight
- 7 RF □ Cross over LF
- 8 LF □ ¼ Turn right, Stepping backwards □ (3.00)

**S5: 3/8 Turn R, Lock Shuffle Right, ½ Turn R, Lock Shuffle L, ½ Turn R, Lock Shuffle R, Step Fwd ½ Turn R**

- 1 RF □ 3/8 Turn right, stepping forward □ (7,30)
- & LF □ Lock behind RF
- 2 RF □ step forward
- 3 LF □ ½ Turn right, Stepping backwards □ (1.30)
- & RF □ Cross over LF
- 4 LF □ Step backwards
- 5 RF □ ½ Turn right, stepping forward □ (7.30)
- & LF □ Lock behind RF
- 6 RF □ Step forward
- 7 LF □ Step forward
- 8 RF □ ½ Turn right, stepping forward □ (1.30)

**S6: Walk L, R, Step fwd, Lock Step, Shuffle R, Step Fwd 5/8 Turn L**

- 1 LF □ Step forward □ □ □ (1.30)
- 2 RF □ Step forward
- & LF □ Step forward - (Go a little on the toes)
- 3 RF □ Lock behind LF
- & LF □ Small step forward
- 4 RF □ Step forward
- 5 LF □ Step forward
- & RF □ Step next to LF
- 6 LF □ Step forward
- 7 RF □ Step forward
- 8 LF □ 5/8 Turn Left, stepping forward □ (6.00)

**RESTART: In wall 2 after 32, counts, Add a ¼ Turn Right, to start the dance again on count 1.**

**TAG: After Wall 5 doing the following steps:**

**Right & Left Arm Up in the Air**

- 1-4 Right arm up in the air
- 5-8 Left arm up in the air

**Hips, R, L, R, L**

- 1-2 Hips to the right
- 3-4 Hips to the left
- 5-6 Hips to the right
- 7-8 Hips to the left (weight ends on LF)

**- While doing the hips you bring the arms down)**

- 1 RF □ Step forward

- 2 LF □ Step forward
- 3 RF □ Step forward
- 4 LF □ ½ Turn left, stepping forward.

**After doing the tag, you will only be dancing the dance 2 more times. Dance the dance on only up to count 32.  
(2x)**

**Enjoy, have fun!!**

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