拍数： 80
壇数： 2
级数：Phrased Intermediate
编舞者：Julia Wetzel（USA）－June 2015
音乐：Back It Up（feat．Jennifer Lopez \＆Pitbull）－Prince Royce

Intro： 32 counts，start on vocals（approx． 18 seconds into track）
Note：This song has a Samba rhythm so many of the syncopation（\＆＇s）can be danced as（a＇s）
Sequence：AB AB Tag Ab BB
$A=48$ Counts，$B=32$ Counts，$b=$ first 20 Counts of $B$

## PART A $\square$

（Part A always starts at 12：00 and ends at 6：00）$\square$
A［1－8］$\square$ Side Rock，Step，Side Rock，Step，Step， $1 / 2$ Pivot， $1 / 2$ Shuffle Sweep
1\＆2 Rock R slightly fw to right side（1），Recover on L（\＆），Step R fw（2）$\square 12: 00$
3\＆4 Rock L to left side（3），Recover on R（\＆），Step L fw（4）$\square 12: 00$
$5,6 \quad$ Step fw on $R(5)$ ，Pivot $1 / 2$ turn left step $L$ fw（6）$\square 6: 00$
$7 \& 8 \quad 1 / 4$ Turn left step $R$ to right side（7），Step $L$ next to $R(\&), 1 / 4$ Turn left step back on $R$ and sweep $L$ from front to back（8）$\square 12: 00$

A［9－16］$\square$ Sailor Step， $1 / 4$ Sailor Step，Cross Rock，Side Rock，Cross，Side， $1 / 4$ Flick $\square$
$1 \& 2 \quad$ Step $L$ behind $R(1)$ ，Step $R$ slightly to right side（\＆），Step $L$ to left side（2）$\square 12: 00$
$3 \& 4 \quad 1 / 4$ Turn right sweeping $R$ from front to back and step $R$ behind $L$（3），Step $L$ slightly to left side （\＆），Step $R$ to right side（4）$\square 3: 00$
5\＆6\＆Cross rock L over R（5），Recover on R（\＆），Rock L to left side（6），Recover on R（\＆）$\square 3: 00$
7\＆8 Cross $L$ over $R(7)$ ，Step $R$ to right side（\＆）， $1 / 4$ Turn left on $L$ in place as you flick $R$ back
（8）$\square 12: 00$

A［17－24］$\square$ Step－Lock－Step（2x），Step， $1 / 2$ Turn Hitch，Step－Lock Step $\square$
1\＆2 Step R fw（1），Lock L behind R（\＆），Step R fw（2）$\square$ 12：00
3\＆4 Step L fw（3），Lock R behind L（\＆），Step L fw（4）$\square 12: 00$
$5,6 \quad$ Step $R$ fw（5）， $1 / 2$ Turn left on $R$ and hitch $L(6) \square 6: 00$
7\＆8 Step L fw（7），Lock R behind L（\＆），Step Lfw（8）$\square 6: 00$
A［25－32］$\square$ Samba Whisks，Side， $1 / 2$ Hinge，Out－Out $\square$
1\＆2 Step $R$ to right side（1），Step $L$ behind $R(\&)$ ，Cross $R$ slightly over $L$（2）$\square 6: 00$
3\＆4 Step $L$ to left side（3），Step $R$ behind $L$（\＆），Cross L slightly over $R(4) \square 6: 00$
$5,6 \quad$ Step $R$ to right side（5）， $1 / 2$ Turn left on $R$ small step $L$ to left side（6）$\square 12: 00$
7， $8 \quad$ Step $R$ to right side pushing hip to right side（7），Step $L$ to left side pushing hip to left side
（8）$\square 12: 00$
A［33－40］$\square$（Cross Rock，Side，Cross， $1 / 4$ Back，Side）x2 $\square$
1\＆2 Cross rock R over L（1），Recover on L（\＆），Step R to right side（2）$\square 12: 00$
3\＆4 Cross L over R（3）， $1 / 4$ Turn left step $R$ back（\＆），Step L to left side（4）$\square 9: 00$
5\＆6 Cross rock R over L（5），Recover on L（\＆），Step R to right side（6）$\square 9: 00$
7\＆8 Cross L over R（7）， $1 / 4$ Turn left step $R$ back（ $\&$ ），Step $L$ to left side（8）$\square 6: 00$
A［41－48］Cross Sambas，Cross，Side，Back，Behind，Side，Cross $\square$
1\＆2 Cross R over L（1），Rock L to left side（\＆），Recover on R（2）$\square 6: 00$
3\＆4 Cross L over R（3），Rock R to right side（\＆），Recover on L（4）$\square 6: 00$
5\＆6 Cross R over L（5），Step L to left side（\＆），Step R back hitch L（6）$\square 6: 00$
7\＆8
Step L behind R（7），Step R to right side（\＆），Cross L slightly over R（8）$\square 6: 00$

B[1-8] $\square$ Box Slide, Back-Lock-Back, Hitch, Back-Touch (2x) $\square$
1-3 Slide $R$ to right side (1), $1 / 4$ Turn left slide $L$ to left side (2), $1 / 4$ Turn left slide $R$ to right side (3) $\square 12: 00$

4\&5, $6 \quad$ Step L back (4), Lock R over L (\&), Step L back (5), Hitch R (6) $\square 12: 00$
7\&8\& Step R back to right side (7), Touch L next to R (\&), Step L back to left side (8), Touch R next to $L(\&) \square 12: 00$

B[9-16] $\square$ Back, Back, Coaster Step, Walk, Walk, Mambo Step $\square$
1, 2, 3\&4 Step R back (1), Step L back (2), Step R back (3), Step L nex R (\&), Step R fw (4) $\square 12: 00$
5, 6, 7\&8 Step L fw (5), Step R fw (6), Rock fw on L (7), Recover on R (\&), Step L back (8) $\square 12: 00$
B[17-24] $\square 1 ⁄ 2$ Hip Bumps (2x), Hip Bumps, Together, Walk (2x) $\square$
$1 \& 2 \quad$ Step $R$ back and make $1 / 2$ turn right while bumping hip $R-L-R$ weight ending on $R$ (1\&2) $\square 6: 00$
3\&4 Step L fw and make $1 / 2$ turn right while bumping hip L-R-L weight ending on $L$ (3\&4)
*Part b ends here $\sim$ see details below ~口12:00
5\&6 Step $R$ back and bump hip R-L-R in place weight ending on $R$ (5\&6) $\square$ 12:00
\&7, $8 \quad$ Step $L$ next to $R(\&)$, Step R fw (7), Step L fw (8) $\square 12: 00$
$\mathrm{B}[25-32] \square$ (Side, Slide, Kick-ball-Cross) $\times 2 \square$
1,2 Big step on $R$ to right side (1), Slide $L$ next to $R(2) \square 12: 00$
3\&4 Kick $L$ to left diag. (3), Step ball of $L$ next to $R(\&)$, Cross $R$ over $L$ (4) $\square 12: 00$
$5,6 \quad$ Big step on $L$ to left side (5), Slide $R$ next to $L$ (6) $\square 12: 00$
$7 \& 8 \quad$ Kick $R$ to right diag. (7), Step ball of $R$ next to $L(\&)$, Cross L over R (8) $\square 12: 00$
TAG: $\square$ After $A B A B$, do the following 16 counts facing 12:00
\&1, 2\&3\&4 Rock R to right side (\&), Recover on L (1), Cross R over L (2), Step L to left side (\&), Cross R over L (3), Step L to left side (\&), Cross R over L (4) $\square 12: 00$
\&5, 6\&7\&8 Rock L to left side (\&), Recover on $R(5)$, Cross L over $R(6)$, Step $R$ to right side (\&), Cross $L$ over R (7), Step R to right side (\&), Cross L over R (8) $\square 12: 00$
[9-16] $\square$ Repeat Counts 1-8 प12:00
Sequence $\square$ Dance $A B A B$, then do the Tag facing 12:00, do $A$ as normal, followed by the first 20 counts of $B$ (what I call "b"), then start B facing 12:00, do one last $B$ which will end the dance at 12:00 Contact: JuliaLineDance@gmail.com, www.JuliaWetzel.com

