

IF I BACK IT UP NOW (Whatcha gonna do)

COPPER STEPSHEETS **KNOB**

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ira Weisburd (USA) & Raymond Sarlemijn (NL) - February 2019
音乐: If I Back It Up - NELLIE TIGER TRAVIS : (Album: Wanna Be With You/ Nellie Tiger Travis)



Genre: R&B Soul Line Dance

Introduction: 64 counts @ approximately 40 seconds.

NO TAGS !! NO RESTARTS !!

PART I. (BACK, BACK, BACK, TOUCH; BACK, BACK, BACK, TOUCH)

1-2 Step R back, Step L back
3-4 Step R back, Touch L beside R
5-6 Step L back, Step R back
7-8 Step L back, Touch R beside L

PART II. (BACK, RECOVER, TRIPLE STEP FORWARD; FORWARD, FORWARD, TRIPLE STEP FORWARD)

1-2 Step R back, Recover forward onto L
3&4 Step R forward, Step-close L beside R, Step R forward
5-6 Step L forward, Step R forward
7&8 Step L forward, Step-close R beside L, Step L forward

PART III. MODIFIED K-STEP w/ 1/4 L TURN (DIAGONAL FORWARD, TOUCH, L CHASSE; BACK, TOUCH, TRIPLE 1/4 L TURN)

1-2 Step R to R making 1/8 L Turn (10:30), Touch L beside R
3&4 Step L to L, Step-close R beside L, Step L to L
5-6 Step R back making 1/4 R Turn (1:30), Touch L beside R
7&8 Step to L making 1/8 Turn L (12:00), Step-close R beside L, Step L to L making 1/4 L Turn (9:00)

PART IV. (FORWARD, RECOVER, TRIPLE BACK; BACK, RECOVER, TRIPLE 1/2 R TURN)

1-2 Step R forward, Recover back onto L
3&4 Step R back, Step-close L beside R, Step R back
5-6 Step L back, Recover forward onto R
7&8 Step L forward making 1/4 R Turn, Step-close R beside L, Step L back making 1/4 R Turn (3:00)

BEGIN DANCE.

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