

# Back It Up

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Amanda Andrews (USA) - April 2020  
音乐: Back That Thing Up - Justin Moore



## KICKS AND COASTERS

1, 2      Kick R forward twice  
3&4      Step R back, Step L together, Step R forward  
5, 6      Kick L forward twice  
7&8      Step L back, Step R together, Step L forward

## WALK FORWARD AND BACK

1, 2, 3, 4      Step forward R, L, R, Touch L toe to left side  
5, 6, 7, 8      Step back L, R, L, Touch R toe to right side

## 2 JAZZ BOXES WITH ¼ TURNS RIGHT

1      Cross R over L  
2      Step L back  
3      Step R forward turning ¼ right to 3:00  
4      Step L together  
5-8      Repeat 1-4 with ¼ turn to 6:00

## BACK IT UP AND SHAKE IT

&1, 2      Hop back R, L, Clap  
&3, 4      Hop back R, L, Clap  
5, 6      Hip bump right twice  
7, 8      Hip bump left twice

Submitted by: [wodonnell@higs.com](mailto:wodonnell@higs.com)