

# Forward, Backward

拍数: 64      墙数: 4      级数: Phrased High Beginner  
编舞者: Karen Lee (TW) - December 2022  
音乐: Naar Voren, Naar Achter - Alpenzusjes



Intro: 32C, \* No Restart. / No Tag.  
\* Sequence: A,B, A,A, A,B, A,B, B,B.

## A=32C

[S1]: Walk Forward (R-L-R), Kick, Walk Back (L-R-L), Jump (Clap).

1-4                Walk Forward RF-LF-RF, LF Kick  
5-8,                Walk Backward LF-RF-LF, Jump and Clap (weight on LF).

[S2]: Vine, Touch, (R-L).

1-4                Step RF to R side, Cross LF behind RF, Step RF to R side, Touch LF next to RF  
5-8                Step LF to L side, Cross RF behind LF, Step LF to L side, Touch RF Next to LF.

[S3]: K-Step.

1-4                Step RF diagonally forward, Touch LF Next to RF, Step LF diagonally back, Touch RF Next to LF  
5-8                Step RF diagonally Back, Touch LF Next to RF, Step LF diagonally forward, Brush RF Forward.

[S4]: Rocking Chair, Pivot Turn 1/4 L x 2

1-4                Rock RF Forward, Recover on LF, Rock RF Backward, Recover on LF  
5-6                Step RF Forward, 1/4 turn Left Weight on LF,  
7-8                Repeat 5-6

## B=32C

[S1]: Forward Walk (R-L), Shuffle Forward, (Twice).

1-2, 3&4            Forward Walk, Walk,(R-L), Forward Shuffle  
5-6, 7&8,            Repeat 1-2, 3&4.

[S2]: Shuffle Back (X2), Backward Walk (R-L), Back Rock, Recover.

1&2,                Step RF Back, step LF Beside RF (&), Step RF Back,  
3&4,                Step LF Back, step RF Beside LF(&), Step LF Back,  
5-6-7-8             Backward Walk, Walk,(R-L),Rock RF Backward, Recover on LF

[S3]: Rumba Box (Forward).

1-2, 3&4            Step RF to R Side, Step LF Beside RF, R Shuffle Forward.  
5-6, 7&8,            Step LF to L Side, Step RF Beside LF, L Shuffle Forward.

[S4]: Half K-Step Backward, 1/4 R, Side Touch (R/L).

1-4                Step RF diagonally Back, Touch LF Next to RF, Step LF diagonally back, Touch RF Next to LF  
5-8                1/4 Turn Right, Step RF to R Side, Touch LF Next to RF, Step LF to L Side, Touch RF Next to LF.

REPEAT

Enjoy and happy Dancing...

Last Update: 29 Dec 2022

