

# Back Up

拍数: 32      墙数: 2      级数: Improver  
编舞者: Hana Iwai (JP) - June 2023  
音乐: Git Yer Cowboy On - Sean Patrick McGraw  
或: Free Ride - The JaneDear Girls



Start on vocals (no Tags, no Restarts)

**[1-8] Kick, Cross, Point, Kick, Cross, Point, Scuff, Jump, Swivel Right**

1&2      Kick R forward, Cross R over Left, Point L toe to left side  
3&4      Kick L forward, Cross L over right, Point R toe to right side  
5-6      Scuff R beside left, Jump with both feet forward  
7-8      Twist R toe to right and twist L heel to left, Return to center (weight on L)

**[9-16] Kick, Back Out-Out, Kick, Back Out-Out, Heel Taps**

1&2      Kick R forward, Step R diagonally back, Step L diagonally back  
3&4      Kick R forward, Step R diagonally back, Step L diagonally back  
5-8      Swivel R heel in & tap, Return R heel out, Swivel L heel in & tap, Return L heel out (weight on L)

**[17-24] ¼ Turn with Scoot & Hitch X 2, Rock Back, Recover, ¼ Turn Step, Heel Touch, Step, ¼ Turn Hitch**

1-2      Turning ¼ right Scoot L & Hitch R, turning ¼ right Scoot L & Hitch R  
3-4      Rock back R, Recover L  
5-6      Turning ¼ left Step R to right side, Touch L heel to left side (looking over L shoulder)  
7-8      Step L to place, Turning ¼ right Hitch R (6:00)

**[25-32] Step, Stomp, Step, Stomp/Stomp, Heel Touches**

1-2      Step R forward, Stomp L beside right  
3&4      Step R forward, Stomp L twice beside right  
5-8      Touch R heel forward, Step R beside left, Touch L heel forward, Step L beside right

REPEAT THE DANCE AND HAVE FUN

**Alternative music choices**

“Free Ride” by The JaneDear Girls

When using this song, there will be 2 Restarts and 1 easy Tag

Restart on Wall 3 after 28 counts (facing 6:00) on Wall 6 after 24 counts (facing 12:00)

Tag at the end of wall 7 (facing 6:00)

1-2      Clap hands twice