

# Back to You

拍数: 32      墙数: 4      级数: Improver  
编舞者: PJ (UK) - September 2023  
音乐: Heart Like a Train - Nancy Hays



## #16 COUNT INTRO – START ON VOCALS)

### [1 ~ 8] CHASSE RIGHT, CROSS ROCK, RECOVER, CHASSE LEFT, CROSS ROCK, RECOVER

- 1 & 2      STEP RIGHT FOOT TO RIGHT SIDE, CLOSE LEFT BESIDE RIGHT, STEP RIGHT FOOT TO RIGHT SIDE
- 3 ~ 4      ROCK FORWARD ON LEFT FOOT, RECOVER WEIGHT BACK ONTO RIGHT FOOT
- 5 & 6      STEP LEFT FOOT TO LEFT SIDE, CLOSE RIGHT BESIDE LEFT, STEP LEFT FOOT TO LEFT SIDE
- 7 ~ 8      ROCK FORWARD ON RIGHT FOOT, RECOVER WEIGHT BACK ONTO LEFT FOOT

**RESTART: WALL 4 (9:00) AND WALL 8 (6:00): RESTART THE DANCE FROM THE BEGINNING AT THIS POINT.**

### [9 ~ 16] SHUFFLE ½ TURN RIGHT, ROCK FORWARD, RECOVER, LEFT COASTER STEP, WALK FORWARD

- 1 & 2      SHUFFLE ½ TURN RIGHT, STEPPING RIGHT LEFT RIGHT (6:00)
- 3 ~ 4      ROCK FORWARD ON LEFT FOOT, RECOVER WEIGHT BACK ONTO RIGHT FOOT
- 5 & 6      STEP BACK ON LEFT FOOT, CLOSE RIGHT BESIDE LEFT, STEP FORWARD ON LEFT FOOT
- 7 ~ 8      STEP FORWARD ON RIGHT FOOT, STEP FORWARD ON LEFT FOOT

### [17 ~ 24] STEP, TOE & HEEL & STEP, FORWARD ROCK, RECOVER, RIGHT SHUFFLE BACK

- 1      STEP FORWARD ON RIGHT FOOT
- 2 & 3      TOUCH LEFT TOE TO RIGHT INSTEP, STEP BACK ON LEFT FOOT, TOUCH RIGHT HEEL FORWARD
- & 4      CLOSE RIGHT BESIDE LEFT, STEP FORWARD ON LEFT FOOT
- 5 ~ 6      ROCK FORWARD ON RIGHT FOOT, RECOVER WEIGHT BACK ON LEFT FOOT
- 7 & 8      STEP BACK ON RIGHT FOOT, CLOSE LEFT BESIDE RIGHT, STEP BACK ON RIGHT FOOT

### [25 ~ 32] STEP BACK, POINT, STEP FORWARD, POINT, JAZZ BOX ¼ TURN LEFT WITH TOUCH

- 1 ~ 2      STEP BACK ON LEFT FOOT, POINT RIGHT TOE TO RIGHT SIDE
- 3 ~ 4      STEP FORWARD ON RIGHT FOOT, POINT LEFT TOE TO LEFT SIDE
- 5 ~ 6      CROSS STEP LEFT OVER RIGHT, STEP BACK ON RIGHT FOOT
- 7 ~ 8      MAKE ¼ TURN LEFT STEPPING LEFT FOOT TO LEFT SIDE, TOUCH RIGHT TOE BESIDE LEFT (3:00)

## RESTARTS

**THERE ARE 2 RESTARTS FOLLOWING THE CHORUS ON WALLS 4 AND 8. DANCE THE FIRST 8 COUNTS, THEN RESTART. SIMPLES!**

Last Update: 25 Oct 2023