

Looking Back

拍数: 32 墙数: 4 级数: Beginner
编舞者: Wiwik Katarina (INA) - June 2024
音乐: Over My Shoulder - Mike + The Mechanics



Intro : 16 C

There are 3 tags in this dance

I. BACK ROCK – RECOVER – TOGETHER, BACK ROCK – RECOVER – TOGETHER, SIDE, SHOULDER PUSH

1 & 2 Rock R back angling your body $\frac{1}{4}$ R (1), Recover on L (&), R together (2)
3 & 4 Rock L back angling your body $\frac{1}{4}$ L (3), Recover on R (&), L together (4)
5 & 6 R side push R shoulder to R (5), Back to center (&), Push R shoulder to R (6)
7 & 8 Do the same on your L shoulder

II. (CROSS MAMBO – SIDE) R L, FWD, $\frac{1}{2}$ L PIVOT – FLICK, FWD SHUFFLE

1 & 2 Cross R over L (1), Recover on L (&), R to side (2)
3 & 4 Cross L over R (3), Recover on R (&), L to side (4)
5 6 R fwd (5), $\frac{1}{2}$ L In place flick R back facing 6:00 (6)
7 & 8 R fwd (7), L together (&), R fwd (8)

III. (L FWD HEEL TOUCH – R TOE TOUCH BESIDE L) 2X, $\frac{1}{4}$ JAZZ BOX WITH CHASSE

1 & 2 & Touch L heel fwd (1), L close to R (&), Touch R close to L (2), R in place (&)
3 & 4 Touch L heel fwd (3), L close to R (&), Touch R close to L (4)
5 6 Cross R over L (5), $\frac{1}{4}$ R step L back facing 9:00 (6)
7 & 8 R to side (7), L together (&), R to side (8)

IV. (PUSH FWD – RECOVER – TOGETHER) L R , FWD, $\frac{1}{2}$ R HEEL BOUNCE, TOGETHER

1 & 2 Push L fwd angling body to R (1), Recover on R (&), L together (2)
3 & 4 do the same on RF
5- 8 L fwd (5), $\frac{1}{4}$ R bounce your heels (6), $\frac{1}{4}$ R bounce your heels facing 3:00 (7), L together or jump together facing 3:00 (8)

TAG 1 (4 C) after Wall 3 & 5

1 & 2 Rock R back angling body to R (1), Recover on L (&), R together (2)
3 & 4 Do the same on L

TAG 2 (8 C) after Wall 7

1 - 8 V Step + TAG 1

Enjoy the dance

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