

Dancing Backwards (P)

拍数: 32 墙数: 0 级数: Partner
编舞者: Jan Smith (UK)
音乐: Walking Backwards - Brandon Sandefur



Position: Side By Side Position facing LOD. Lady's steps written. Man's steps opposite unless specified

STEP BACK, BACK, COASTER STEP

1-2 Step back on right, left
3-4 Step back on right close left to right, step forward right

WALK FORWARD, FORWARD, SHUFFLE

5-6 Walk forward left, right
7&8 Forward shuffle stepping left, right, left

TURN ¼ LEFT, SIDE, CLOSE, SIDE CLOSE SIDE

9-10 Turning ¼ left to face partner step right to right, close left to right
11&12 Step right to right, close left to right, step right to right

Join both hands

MAN: ROCK BACK RIGHT, RECOVER, RIGHT SIDE CLOSE SIDE

13-14 Rock back on right, recover weight to left
15&16 Step right to right side, close left to right, step right to right

LADY: ROCK FORWARD LEFT, RECOVER, LEFT SIDE CLOSE SIDE

13-14 Rock forward on left, recover weight to right
15&16 Step left to left side, close right to left, step left to left

MAN: ROCK FORWARD LEFT, RECOVER, LEFT SIDE CLOSE, TURN ¼ LEFT

17-18 Rock forward on left, recover weight to right
19&20 Step left to left side, close right to left, step left ¼ left. (to face LOD release left hand)

LADY: ROCK BACK RIGHT, RECOVER, RIGHT SIDE CLOSE ¼ TURN RIGHT

17-18 Rock back on right, recover weight to left
19&20 Step right to right side, close left to right, step right ¼ right. (to face LOD release right hand)

STEP PIVOT ½, SHUFFLE

21-22 Step forward left, pivot ½ right, weight now on right (release hands as you turn)
23&24 Shuffle forward, left right left (join inside hands)

STEP PIVOT ½, POINT SIDE, STEP FORWARD

25-26 Step forward right, pivot ½ left, weight now on left (release hands as you turn)
27-28 Point right foot to right, step forward on right

TOUCH, KICK, BACK SHUFFLE

29-30 Touch left by right, kick left forward
31-32 Shuffle backwards stepping left right left

REPEAT