

# Backstepping

拍数: 32      墙数: 4      级数: Improver  
编舞者: Anita Williams (USA)  
音乐: Love Gets Me Every Time - Shania Twain



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## BACK STEPS WITH CLAPS

- 1-2      Right foot back and to right, left foot touch beside and clap
- 3-4      Left foot back and to left, right foot touch beside and clap
- 5-6      Right foot back and to right, left foot touch beside and clap
- 7-8      Left foot back and to left, right foot toe touch beside (pointed out to side) and clap

## RIGHT PUMP AND RIGHT VINE

- 1-4      Right foot pump twice - touch heel, lift up, touch heel, lift up
- 5-8      Right grapevine, left foot toe tap (pointed out to side) on 8

## LEFT PUMP AND LEFT VINE

- 1-4      Left foot pump twice - touch heel, lift up, touch heel, lift up
- 5-8      Left grapevine, right foot kick up on 8

## ROCK STEPS WITH KNEE HITCHES

- 1-4      Right foot down front, rock back on left, rock forward on right, left knee hitch on 4
- 5-8      Left foot down front, rock back on right, rock forward on left, right knee hitch on 8 with  $\frac{1}{4}$  left turn

## REPEAT

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