

Backsync

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Chris Hodgson (UK)
音乐: I Want You Back - *NSYNC



KICK-BALL-CHANGE, SIDE ROCK, BACK & SIDE, CROSS ¾ UNWIND

- 1&2 Kick right forward, step right in place, step left next to right
- 3-4 Step right to right side, rock weight onto left
- 5&6 Step back on right, rock weight forward onto left, step right to right side
- 7-8 Cross left over right, unwind ¾ turn right (weight ends on left)

BACK-HOLD, TOGETHER-FORWARD-FORWARD, SIDE & FORWARD, STEP-½ TURN

- 1-2 Step back on right, hold one count
- &3-4 Step left next to right, step forward on right, step forward on left
- 5&6 Step right to right side, rock weight onto left, step forward on right
- 7-8 Step forward on left, pivot ½ turn right

&-SIDE-HOLD, TOGETHER-CROSS-¼ TURN, ¼ TURN SWITCHES & HEEL-HOLD

- &1-2 Step left next to right, step right to right side, hold one count
- &3-4 Step left next to right, cross right over left, ¼ turn right stepping back on left
- 5& Touch right toe to right side, making 1/8 turn right step right next to left
- 6& Touch left toe to left side, making 1/8 turn right step left next to right
- 7-8 Touch right heel forward, hold one count

& ROCK STEP, COASTER STEP, PADDLE ½ TURN, HIPS

- &1-2 Step right next to left, step forward on left, rock weight back onto right
- 3&4 Step back on left, step right next to left, step forward on left
- 5& Touch right toe to floor, hitch right knee making ¼ turn left
- 6& Touch right toe to floor, hitch right knee making ¼ turn left
- 7 Touch right foot slightly forward bumping hips forward
- &8& Bump hips back, bump hips forward, bump hips back (weight ends on left)

REPEAT

There is a break in the music at about 2:27 which lasts for approximately 12 seconds. Just keep dancing. The music kicks in again on count 25.