

# Backwards

拍数: 64      墙数: 2      级数: Improver  
编舞者: Yvonne Hammond (AUS)  
音乐: Walk Out Backwards - Rick Trevino



1-8            Strut back right toe/heel, left toe/heel  
9-16          Repeat

## VINE RIGHT WITH STOMP, VINE LEFT WITH STOMP

1-4            Step right to right side, step left behind right, step right to right side, stomp left heel beside right  
5-8            Step left to left side, step right behind left, step left to left side, stomp right heel beside left

## LOCK STEP FORWARD WITH SHUFFLES RIGHT & LEFT

1-2            Step forward at 45 degrees right on right, lock left foot behind right  
3&4          Shuffle forward right-left-right  
5-6            Step forward on left at 45 degrees left, lock right foot behind left  
7&8          Shuffle forward left-right-left

## PIVOTS & TURNS

1-2            Step forward on right, pivot ½ turn left onto left  
3&4          Shuffle forward right-left-right  
5-6            Step forward on left, pivot ½ turn right onto right  
7&8          Shuffle forward left-right-left

## REGGAE TURN ¼ turn RIGHT

1-4            Step right across front of left, step back on left, turn ¼ turn right & step to right side on right, step left together

## RIGHT 45 & LEFT 45 (TUSH PUSH) CAN BE ONE RIGHT 45, ONE LEFT 45

1&            Touch right heel forward at 45 degrees right, jump back on right beside left  
2&            Touch left heel forward at 45 degrees left, jump back on left  
3&            Touch right heel forward at 45 degrees right, jump back on right  
4&            Touch left heel forward, jump back on left

## ROCKS & TURN ¾ turn RIGHT

1-2            Rock forward on right, rock back on left  
3&4          Turn ¾ turn over right shoulder stepping right-left-right on the spot

## LEFT 45 S, RIGHT 45 S, (TUSH PUSH) CAN BE ONE LEFT 45 ONE RIGHT 45

1&2&        Touch left forward, jump back on left, touch right forward, jump back on right  
3&4          Touch left forward, jump back on left, touch right forward

## STEP BACKWARDS WITH FORWARD HEEL DIGS

1-4            Step back right, dig left heel forward, step back left, dig right heel forward  
5-8            Repeat above 4 steps

## TWO ¼ turn MONTEREY TURNS

1-2            Touch right out to right, turn ¼ turn right & step right beside left  
3-4            Touch left out to left side, step left beside right  
5-8            Repeat above 4 steps

**REPEAT**

**RESTART**

At front wall on 3rd sequence only, dance first 32 steps then begin again.

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