

Back it up

拍数: 0 墙数: 4 级数: Phrased Intermediate
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音乐: Back It Up - Caro Emerald : (Single)



Intro : Start after 32 counts from the Beat

Pattern : ABB ABB ABB A

- A:**
- (1 – 8) Step Fwd, Pivot ½ Turn , ¼ Turn L , ¼ Turn L Touch & Cross Side, Sailor Heel &**
- 1 – 2 Step R fwd, Pivot ½ Turn L (6.00)
- 3 & 4 ¼ turn L step R to R side and push Hip R, Recover on L ,¼ Turn L and Touch R to R side(12.00)
- &5-6 Step R next to L, Step L across R, Step R to R side
- 7&8& Step L behind R, Step R to R side, L heel fwd, Step L next to R
- (9-16) Cross, Side , Sailor ½ Turn R, Step Fwd , Close, Toe Touches**
- 1 – 2 Step R across L, Step L to L side
- 3 & 4 Step R behind L with ½ Turn R, Step L to L side , Step R to R side (6.00)
- 5 – 6 Big step fwd with L(step over a little branch), Step R next to L
- 7&8& Touch L to L side, Step L next to R, Touch R to R side, Step R next to L
- (17-24) Rock , Recover, Triple Full Turn , Rock , Recover , Triple 1,1/4 Turn R**
- 1 – 2 Rock L fwd, Recover on R
- 3 & 4 Triple Full Turn L with L,R,L
- 5 – 6 Rock R fwd, Recover on L
- 7 & 8 ½ Turn R step R fwd, ½ Turn R step L back, ¼ Turn R step R to R side (9.00)
- (25-32) Cross, Side, Sailor step ¼ Turn R , Step Fwd , Close, Kick Ball Touch , Close**
- 1 – 2 Step L across R, Step R to R side,
- 3 & 4 Step L behind R with ¼ Turn L, Step R to R side , Step L to L side (6.00)
- 5 – 6 Step R big step fwd(step over a little branch), Step L next to R
- 7&8& Kick R fwd, Step R next to L, Touch L to L side, Step L next R
- (33-40) Cross, Side, Sailor Step ¼ Turn R , L Shuffle fwd, R Mambo step**
- 1 – 2 Step R across L, Step L to L side
- 3 & 4 Step R behind L with ¼ Turn R, Step L to L side, Step R to R side (9.00)
- 5 – 6 Step L fwd, Step R next to L, Step L fwd
- 7 & 8 Rock R fwd, Recover on L, Step R back
- (41-48) Step Back and Sweep x2, Sailor Step ½ Turn L, Toe Touches with ½ Turn R**
- 1 – 2 Step L back and sweep R to the back, Step R back and sweep L to the back
- 3 & 4 Step L behind R with ½ Turn L , Step R next to L, Step L to L side (3.00)
- 5&6& Touch R, ¼ Turn R and Step R next to L, Touch L to L side, Step L next to R
- 7&8& Touch R to R side, ¼ Turn R and Step R next to L , Touch L to L side, Step L next to (9.00)
- B :**
- (1 – 8) Skates fwd x2, Shuffle fwd, L Mambo fwd, Coaster Step**
- 1 & Skate R diag. R fwd , Slide L next to R
- 2 & Skate L diag. L fwd , Slide R next to L
- 3 & 4 Step R fwd, Step L next to R, Step R fwd
- 5 & 6 Rock L fwd, Recover on R, Step L back
- 7 & 8 Step R back, Step L next to R, Step R fwd

(9-16) Fwd, ¼ Turn R, Cross Shuffle, ¼ Turn R and Skate L , Skate R fwd, Shuffle Fwd

- 1 – 2 Step L fwd, ¼ Turn R (12.00)
- 3 & 4 Step L across R, Step R to R side, Step L across R
- 5 & ¼ Turn R Skate R diag. R fwd , Slide L next to R (3.00)
- 6 & Skate L diag. L fwd , Slide R next to L
- 7 & 8 Step R fwd, Step L next to R, Step L fwd

(17-24) Kick Ball Touch x2, Rock , Recover , Shuffle ½ Turn L back

- 1 & 2 L Kick fwd, Step L next to R, Touch R to R side
- 3 & 4 R Kick fwd, Step R next to L, Touch L to L side
- 5 – 6 Rock L fwd, Recover on R
- 7 & 8 ¼ Turn L step L to L side, Step R next to L, ¼ Turn L step L fwd (9.00)

(25-32) Full Turn L, Kick Ball Touch, Step fwd, Step Back, Coaster Step ¼ Turn L

- 1 – 2 ½ Turn L step R back, ½ Turn L step L fwd (9.00)
- 3 & 4 Kick R fwd, Step R next to L, Touch L next to R
- 5 Step L Diag. L Fwd
- 6 Step R Diag. R Back
- 7 & 8 Sweep L behind R with ¼ Turn L, Step R next to L, Step L fwd (6.00)

Pattern:

A BB A BB A BB A(32)

Ending:

Dance Last A until count 32 (7&8& : Kick Ball Touch &)You are facing the 3.00 wall. Touch R back and make ¾ Turn L
