

Back It Up

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: High Beginner / Easy Intermediate
编舞者: Terry Pournelle (USA) - July 2011
音乐: Back It Up - Caro Emerald



Alternative music: Rolling In The Deep by Adele - Intro 8 counts

Intro 32 counts (Back it Up)

WALK RIGHT, LEFT, ANCHOR STEP, LEFT COASTER, BRUSH HITCH CROSS

- 1-2 Step right forward, step left forward
3&4 Step right slightly behind left, step left in place, step right slightly behind left and slightly sideways
5&6 Step left back (squaring up to front wall), step right back, step left forward
7&8 Brush right foot, hitch right knee, cross right over left (weight on right)

COASTER, POINT & POINT, HEEL & HEEL, ROCK RECOVER

- 1&2 Step left back, step right back, step left forward
3&4& Touch right toes to right side, step right together, touch left toes to left side, step left together
5&6& Touch right heel forward, step right together, touch left heel forward, step left together
7-8 Rock right forward, recover left

LOCK STEP BACK, TOUCH UNWIND, SCISSORS RIGHT & LEFT

- 1&2 Step right back, lock left in front of right, step right back
3-4 Touch left toe behind right heel, unwind $\frac{3}{4}$ turn (3:00) (weight on left)
5&6 Step right to right, step left next to right, cross right over left
7&8 Step left to left, step right next to left, cross left over right

ROCK RECOVER, FULL TURN TRIPLE IN PLACE, ROCK RECOVER, BACK, BACK, TURNING $\frac{1}{2}$ STEP FORWARD

- 1-2 Right rock forward, recover left
3&4 Triple in place turning a full turn right, stepping right, left, right

Variation for 3&4: Coaster step

- 5-6 Left rock forward, recover right
7&8 Step back left, step back right, turn $\frac{1}{2}$ turn left stepping forward left (9:00) REPEAT AND ENJOY!

Special thanks to The Carolina Girls for all their support and to Barbara Gehlmann for the song suggestions.