

Back it Up

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Judy Rodgers (USA) - July 2012
音乐: Back It Up (Radio Edit) - Caro Emerald : (Album: Back it Up - iTunes)



32 count intro

ROCK, RECOVER, WALK BACK (2), COASTER STEP, HOLD, BALL STEP

1-4 Rock R forward, recover L, walk back R, L
5&6 Step R back, step L together, step R forward
7&8 Hold, step on ball of L together with R, step R forward

STEP PIVOT ¼, CROSS, TURN ¼, TURN ¼, TURN ½, SAILOR STEP

1-2 Step L forward, pivot ¼ right 3:00
3-4 Cross L over R, turn ¼ left step R back 12:00
5-6 Turn ¼ left step L to left side, turn ½ left step R to right side 3:00
7&8 Step L behind R, step R to right side, step L to left side

BALL STEP, HOLD, BALL ROCK, RECOVER (X 2)

&1-2 Step R beside L, step L to left side, hold
&3-4 Step R beside L, rock L to left side, recover to R
&5-6 Step L beside R, step R to right side, hold
&7-8 Step L beside R, rock R to right side, recover to L

CROSS, TURN ¼, SHUFFLE TURN ½, ROCK RECOVER, RUN RUN RUN

1-2 Cross right over left, turn ¼ right stepping back on left 6:00
3&4 Turn ½ right shuffle R L R 12:00
5-6 Rock L forward, recover to R
7&8 Run back L R L

STEP, DRAG, BALL CROSS, SIDE, CROSS ROCK, SHUFFLE TURN ¼

1-2 Big step back on R, drag L to R
&3-4 Step on ball of L beside R, step R across L, step L to side
5-6 Cross rock R across L, recover to L
7&8 Turn ¼ right shuffle R L R 3:00

ROCK, RECOVER, SHUFFLE TURN ½, KICK BALL POINT, BALL POINT, HOLD

1-2 Rock L forward, recover to R
3&4 Turn ½ left shuffle L R L 9:00
5&6 Kick R forward, step down on R, point L to left side
&7-8 Step L beside R, point R to right side, hold

*** RESTART dance from beginning after 48 counts...3 times - on walls 1, 3, 5 (9:00, 3:00 and 9:00)

STEP PIVOT ¼, CROSS, BACK, BACK, CROSS, BACK BACK

1-2 Step R forward, pivot ¼ left step on L 6:00
3-5 Cross R over L, step L back, step R back
6-8 cross L over R, step R back, step L back

CROSS STEP, ROCK, RECOVER, SAILOR TURN ¼, SAILOR TURN ½, WALK

1-3 Cross step R over L, rock L to left side, recover to R
4&5 Turn ¼ left sweep L behind R, step R to right side, step L slightly forward 3:00
6&7 Turn ½ right sweep R behind L, step L to left side, step R slightly forward 9:00
8 Step L forward

Repeat

***** RESTART 3 times - walls 1, 3, and 5**

Ending: Last wall - 7 (facing 6:00), dance counts 1-13....change count 14 to ¼ turn stepping forward to end at front
