

# Back It Up

拍数: 32      墙数: 2      级数: Intermediate  
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音乐: Back It Up - Caro Emerald



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## Walk x2, 3/4 chase turn L, syncopated weave R, 1/4 turn R.

- 1-2      Step forward on Rf, step forward on Lf
- 3&4      Step forward on Rf, make a 1/2 turn pivot L (weight ends on Lf), make a 1/4 turn L and step Rf to R side
- 5&6&      Cross Lf behind Rf, step Rf to R side, cross Lf over Rf, step Rf to R side
- 7-8      Cross Lf behind Rf, make a 1/4 turn R and step forward on Rf

## 1/2 chase turn R, 1/2 turn L x2, 1/4 turn L bump to R, 1/2 turn L bump to L.

- 1&2      Step forward on Lf, make a 1/2 turn pivot R (weight ends on Rf), step forward on Lf
- 3-4      Make a 1/2 turn L and step back on Rf, make a 1/2 turn L and step forward on Lf
- 5-6      Make a 1/4 turn L and touch Rf to R side at the same time bump hip up to R, step down onto Rf
- 7-8      Make a 1/2 turn L and touch Lf to L side at the same time bump hip up to L, step down onto Lf

## Cross, back, side, x2, Walk x2, out, out, in, cross.

- 1&2      Cross Rf over Lf, step back on Lf, step Rf to R side
- 3&4      Cross Lf over Rf, step back on Rf, step Lf to L side
- 5-6      Step forward on Rf, step forward on Lf
- 7&8&      step Rf to R side, Step Lf to L side, Step Rf into centre, cross Lf over Rf

## 1/4 turn R, step forward, pivot 1/2 turn R, 1/2 turn R stepping back, walk back x3, close.

- 1-2      Make a 1/4 turn R and step forward on Rf, step forward on Lf
- 3-4      Make a 1/2 turn pivot R (weight ends on Rf), make a 1/2 turn R and step back on Lf
- 5-6      Step back on Rf, step back on Lf
- 7-8      Step back on Rf, close Lf next to Rf

(Feel free to add you own styling to the walk backs)

Start again.

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