

Back

拍数: 32 墙数: 4 级数: Beginner
编舞者: Gail Smith (USA) - October 2012
音乐: Back (feat. Jake Owen) - Colt Ford : (Album: Declaration of Independence, Deluxe)



INTRO: 21 seconds - After the word "Yeah"

TOE STRUTS BACKWARDS, BALL - STEP, WALK, WALK, SCUFF
Every time he says "Back", You will be doing the backward toe struts.

1 - 2 R toe back, R heel step down
3 - 4 L toe back, L heel step down
& 5 R step back on ball of foot, L step forward
6 - 7- 8 R step forward, Left step forward, R heel scuff

DIAGONAL LOCK STEPS W SCUFF

1 - 2 R step forward diagonal R, L lock
3 - 4 R step forward diagonal R, L heel scuff
5 - 6 L step forward diagonal L, R lock
7 - 8 L step forward diagonal L, R heel scuff

HEEL, TOGETHER, HEEL TOGETHER, 1/4 TURN HEEL, TOGETHER, HEEL, TOGETHER

1 - 2 R heel tap forward, R step next to L
3 - 4 L heel tap forward, L step next to R
5 - 6 1/4 turn right and R heel tap forward, R step next to L
7 - 8 L heel tap forward, L step next to R

KICK, KICK, TRIPLE STEP (R & L)

1 - 2 R kick forward twice
3 & 4 Triple step in place R, L, R
5 - 6 L kick forward twice
7 - 8 Triple step in place L, R, L

REPEAT

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