

Baby Back It Up

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Lam Lam (HK) - May 2015
音樂: Back It Up (feat. Pitbull) - Prince Royce



Intro: 32 counts

(1-8) Out, Out, Coaster Step Together, Pivot 1/2L, Side Rock Behind, Side

1 2 Step R diagonal Fwd R(1), Step L diagonal Fwd L(2)
3&4& Step back on R(3), Step L next to R(&), Step R fwd(4), Step together With L(&),
5 6 Step R fwd(5), Pivot 1/2L(6)
7&8& Rock R to side(7), Recover on L(&), Step R behind L(8), Step L to side(&)6:00

(9-16) Cross Rock Side Cross 1/2L, Walk R L, Kick & Touch

1 2& Cross Rock R over L(1), Recover on L(2), Step R to side(&),
3&4 Cross L over R(3), 1/4L Step back on R(&), 1/4L Step L next to R(4)
5 6 7&8 Walk Fwd on R,L (5,6), Kickfwd on R(7), Step R next to L(&), Touch L toe Fwd(8)12:00

(17-24) Hip Bump, Mambo 1/2R, 3/4R, Heel Jack Together

1&2 Bump hip fwd (1), Bump back (&), Step fwd on L(2)
3&4 Rock fwd on R(3), Recover on L(&), 1/2R Step R fwd(4)
5 6 1/2R Step back on L(5), 1/4R Step R to side(6)
7&8& Cross L over R(7), Step R slightlyback(&), Touch L heel diagonally fwd(8) Step L beside R(&)3:00

(25-32) Rocking Chair, Step, Hitch 1/2R, Step, 1/4L, Sailor 1/4L

1&2& Rock fwd on R(1), Recover on L(&), Rock back on R(2), Recover weight fwd on L(&)
3 4 5 6 Step R fwd(3), weight on Rf & Hitch L knee & make 1/2R(4), Step fwd on L(5), 1/4L Step R to side(6)
7&8 Cross L behind R(7), 1/4L step down on R(&), Step fwd on L(8)3:00

Tag 1: 16 counts Tag to be added at the end of Walls 1,3 & 4 facing 3:00, 9:00 & 12:00 respectively

(1-8) Side Mambo RL, Heel grind 1/4R & Back Rock X2

1&2 Rock R to side (1), Recover on L (&), Step R beside L(2)
3&4 Rock L to side (3), Recover on R (&), Step L beside R(4)
5&6& Grind R heel over L(5), 1/4R Step L slightly back(&), Rock back on R(6), Recover weight fwd on L(&)
7&8& Grind R heel over L(7), 1/4R Step L slightly back(&), Rock back on R(8) Recover weight fwd on L(&)

(9-16) Cross Samba R,L, Syncopated Lock Step 1/2R

1&2 Cross R over L(1), Rock L to side (&), Recover on R(2)
3&4 Cross L over R(3), Rock R to side (&), Recover on L(4)
5 6 1/8R Step R fwd(5), Cross Lock L behind R(6)
7&8& Lock Step fwd making 3/8 turn R(7&8&)

Tag 2: 4 counts Tag to be added at the end of Wall 6 - facing 6:00

(1-4) Jazz Box Together

1 2 3 4 Cross R over L(1), Step back on L(2), Step R to side(3), Step together with L(4)