

Back it Up, Now!

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Pim van Grootel (NL) & Bella Scholtzé - June 2015
音樂: Back It Up (feat. Pitbull) - Prince Royce



Starts after: After 32 Counts

S1: Basic Samba Steps, R, L, Shuffle Fwd, Diagonal R, Kick, Cross Shuffle Back, Kick

1 RF□ Step to right side
& LF□ Rock back
2 RF□ Recover weight
3 LF□ Step to left side
& RF□ Rock back
4 LF□ Recover weight
5 RF□ Step side, Diagonal right forward - □(10.30)
& LF□ Step next to RF
6 RF □ Step side, Diagonal right forward - □(10,30)
& LF□ Kick to left side
7 LF□ Step side, Diagonal left backwards □(10.30)
& RF□ Cross over LF
8 LF□ Step side, Diagonal left backwards□(10.30)
& RF□ Kick to right side,□ (Body rotate to 12.00)
(Note: Count 5 up to 8& is done in the diagonals from 1.30 – 7.30, Body is Facing 10.30)

S2: Sailor Step R, L, Cross Behind, Shuffle L, Rock R, Recover Weight

1 RF□ Cross behind LF□(12.00)
& LF□ Step to left side
2 RF□ Small step to right side
& LF□ Cross behind RF
3 RF□ Step to right side
& LF□ Small step to left side
4 RF□ Cross behind LF
5 LF□ Step to left side
& RF□ Step next to LF
6 LF□ Step to left side
7 RF□ Rock to right side
8 LF□ Recover weight

S3: Step Fwd 1/8 Turn L, 1/2 Turn L, Cross Shuffle 1/2 Turn L, Full Turn L, Coaster Step, Flick

1 RF□ Step diagonal left forward□□(10.30)
2 LF□ 1/2 Turn left, stepping forward□(4.30)
3 RF□ 1/4 Turn left, stepping to right side □(3.00)
& LF□ Cross over RF
4 RF□ 1/4 Turn left, stepping backwards□(10.30)
5 LF□ 1/2 Turn left, stepping forward□(4.30)
6 RF□ 1/2 Turn left, stepping backwards□(10.30)
7 LF□ Step backwards
& RF□ Step next to LF
8 LF□ Step forward
& RF□ Flick backwards

S4: Rocking Chair, Cross Rock Step, Cross Rock Step, Cross Over, ¼ Turn R

- 1 RF□Rock forward□□□(10.30)
- & LF□Recover weight
- 2 RF□Rock backwards
- & LF□Recover weight
- 3 RF□1/8 Turn right, crossing over LF□(12.00)
- & LF□Rock to left side
- 4 RF□Recover weight
- 5 LF□Cross over RF
- & RF□Rock to right side
- 6 LF□Recover weight
- 7 RF□Cross over LF
- 8 LF□¼ Turn right, Stepping backwards□(3.00)

S5: 3/8 Turn R, Lock Shuffle Right, ½ Turn R, Lock Shuffle L, ½ Turn R, Lock Shuffle R, Step Fwd ½ Turn R

- 1 RF□3/8 Turn right, stepping forward □(7,30)
- & LF□Lock behind RF
- 2 RF□step forward
- 3 LF□½ Turn right, Stepping backwards□(1.30)
- & RF□Cross over LF
- 4 LF□Step backwards
- 5 RF□½ Turn right, stepping forward□(7.30)
- & LF□Lock behind RF
- 6 RF□Step forward
- 7 LF□Step forward
- 8 RF□½ Turn right, stepping forward□(1.30)

S6: Walk L, R, Step fwd, Lock Step, Shuffle R, Step Fwd 5/8 Turn L

- 1 LF□Step forward□□□(1.30)
- 2 RF□Step forward
- & LF□Step forward - (Go a little on the toes)
- 3 RF□Lock behind LF
- & LF□Small step forward
- 4 RF□Step forward
- 5 LF□Step forward
- & RF□Step next to LF
- 6 LF□Step forward
- 7 RF□Step forward
- 8 LF□5/8 Turn Left, stepping forward□(6.00)

RESTART: In wall 2 after 32, counts, Add a ¼ Turn Right, to start the dance again on count 1.

TAG: After Wall 5 doing the following steps:

Right & Left Arm Up in the Air

- 1-4 Right arm up in the air
- 5-8 Left arm up in the air

Hips, R, L, R, L

- 1-2 Hips to the right
- 3-4 Hips to the left
- 5-6 Hips to the right
- 7-8 Hips to the left (weight ends on LF)

- While doing the hips you bring the arms down)

- 1 RF□Step forward

- 2 LF □ Step forward
- 3 RF □ Step forward
- 4 LF □ ½ Turn left, stepping forward.

**After doing the tag, you will only be dancing the dance 2 more times. Dance the dance on only up to count 32.
(2x)**

Enjoy, have fun!!
