

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!!
