Donna's Backwalk



拍數: 24 牆數: 2 級數: Improver Line or Contra

編舞者: Chris Hookie (USA) - November 2015

音樂: Budapest - George Ezra



Position: Individuals in lines facing one directions, or one line facing another, each line offset (Gapped between members of the opposite line), & their crossing 'partner' in the opposing line positioned to the left of the gap.

Dance inspired by My Wife and my first dance wedding song "I Need More of You" – Bellamy Brothers (122 BPM)

Other Songs: Crash & Burn – Thomas Rhett (132 BPM), Cover Me – Bruce Springsteen (124 BPM)

HEEL, POINT, HEEL, POINT

1	Tap forward with right heel
2	Point-tap right toe to side
3	Tap forward with right heel
4	Point-tap right toe to side

TOE, SIDE, TOE, SIDE

5	Tap right toe behind left foot
6	Step to side with right foot
7	Tap left toe behind right foot
8	Step to side with left foot

CROSS, SIDE, STOMP, STOMP

10 Step to side with left foot

Stomp right foot (without weight) beside leftStomp right foot again (without weight) beside left

BACK-KICK, FORWARD-KICK, STEP, 1/4 Left

13	Hop-step back on right foot, kicking up left knee & leg
14	Hop-Step forward on left foot, kicking up right leg behind
15	Step Forward on right foot

15 Step Forward on right foot

16 Shift weight onto left foot while making a ¼ pivot turn left

SIDE LIFT, VINE RIGHT

17	Side lift right leg next to left knee
18	Step to the side with right foot
19	Step left foot behind right foot

20 Step to the side with right foot and make a ¼ turn right

SIDE LIFT, VINE RIGHT

21 Step forward on left foot

22 ½ step pivot turn to the right onto right foot

Step forward on left footRight foot brush forward

REPEAT

VARIATION #1:

Add a counter clockwise turning vine left in steps 5-8

Variation #2 (slightly challenging)
Add a clockwise turning vine left in steps 18-20 and continue with ¼ right in step 20

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