

Backbone

拍數: 32 牆數: 2 級數: Intermediate
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音樂: Backbone - Daughtry



Intro: 8 counts

(1-8) Out, Out, In, Step, Hitch with hip bump, Step, Anker Step, Step

1, 2 Step right foot out, step left foot out
&3 Step right foot in, step left foot forward
4, 5 Lift right knee, while stretching hip up, step right foot forward
6&7 Step left foot forward, step right foot in place, step left foot in place
8 Step right foot forward

EasyOption Hitch with Hipbump: Do a normal Hitch

(9-16) Step ½ Turn, Dorothy Steps, Step, Close

1, 2 Step left foot forward, ½ turn right
3&4 Step left foot forward, lock right foot behind left, step left foot forward
5&6 Step right foot forward, lock right foot behind left, step right foot forward
7, 8 Step left foot forward, close right foot next to left

Tag1 here in Wall 3 weight change after closing on the left (6h)

Tag2 here in Wall 5 (12h)

Restart here in Wall 6 weight change after closing on the left (6h)

(17-24) Coaster Step, Step ¼ Turn, Crossshuffle, Side Rock

1&2 step left foot back, step right foot next to left, step left foot forward
3, 4 Step right foot forward, ¼ turn left
5&6 Step left foot to the side, cross right foot over left, step left foot to the side, cross right foot over left
7,8 Step left foot to the side, weight back on right

(25-32) Sailor ¼ Turn, Back, Back, Coaster Step, Anchor Step

1&2 ¼ turn left, cross left foot behind right, step right foot to the side, weight back on right
3, 4 Step right foot back, step left foot back
5&6 Step right foot back, step left foot next to right, step right foot forward
7&8 step left foot backwards, step right foot in place, step left foot in place

Tag 1 here after the 1. Wall (12h)

Tag 1

(1-8) Step, Hold, ½ Turn, Hold, Step, Hold, ½ Turn, Hold

1, 2 Step right foot forward, hold
3, 4 ½ Turn left, hold
5, 6 Step right foot forward, hold
7, 8 ½ Turn left, hold

Tag 2

(1-8) Side, Armmovement, Cross, Full Spirallturn, Side

1 Step right foot to the side
2-4 lift both arms up and angle at right angles (lyrics: are you strong enough)
5 cross right foot over left
6, 7 Full Spirallturn left
8 Step right foot to the side

EasyOption Full Spirallturn: After cross right over left, hold one count, step right foot to the side and hold one

count

(9-16) Sweep back, Sweep back, Sweep back, Sweep back, Bodymovement, Side

- 1, 2 sweep left foot backwards, sweep right foot backwards
- 3, 4 sweep left foot backwards, sweep right foot backwards
- 5 Bend upper body forward
- 6, 7 Bend upper body back in starting position
- 8 Step right foot to the side

(17-24) Step ½ Turn, Step ½ Turn, Out, Out, Coaster Step

- 1, 2 Step left foot forward, ½ turn left
- 3, 4 Step left foot forward, ½ turn left
- 5, 6 Step left foot out, step right foot out
- 7&8 Step left foot back, step right foot next to left, step left foot forward

Last Update – 23 Sept 2018
