

If I Back It Up EZ

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Basic Beginner
編舞者: Glory M. Sly (CAN) - July 2019
音樂: If I Back It Up - NELLIE TIGER TRAVIS : (Album: Wanna Be With You/ Nellie Tiger Travis)



Floorsplit for: IF I BACK IT UP NOW (Whatcha gonna do) Ira Weisburd Raymond Sarlemijn 32 4 b L 2-3 no T R

Intro 64 cts approx 40 sec. - No Tags No Restarts

P 1. R BACK, L TOUCH; L BACK, R TOUCH; R BACK, L TOUCH; L BACK, R TOUCH

1-2 Step R back, Touch L beside R
3-4 Step L back, Touch R beside L
5-6 Step R back, Touch L beside R
7-8 Step L back, Touch R beside L

P2. R BACK, ROCK, WALK FWD R, L; R ROCKING CHAIR

1-2 Step R back, Recover forward onto L
3-4 Step R forward, Step L forward
5-6 Step R forward, Recover back on L
7-8 Step R back, Recover forward on L

P3. 1/4 R TURN ON R FWD, TAP L BEHIND R; L SIDE, HOLD; R SAILOR HOLD

1-2 Making 1/4 Turn R (3:00) Step R forward, Tap L behind R
3-4 Step L to L side, Hold
5-6 Step R behind L, Step L to L side,
7-8 Step to R to R side, Hold

P4. L SAILOR HOLD; R CROSS ROCK, R SIDE ROCK

1-2 Step L behind R, Step R to R side,
3-4 Step L to L side, Hold
5-6 Step R across L, Recover back on L
7-8 Step to R to R side, Recover on L

BEGIN DANCE AGAIN
