

# Back in the 405

拍數: 32      牆數: 4      級數: Improver  
編舞者: Gail Eaton & Jennifer Hanson - July 2020  
音樂: Back in the 405 - Toby Keith : (iTunes)



## Start on Lyrics - 1 Restart – Wall 6 After 28 counts

### (1-8) Walk forward R, L, Mambo Step, Coaster Cross, Step Side, Drag

1,2            Walk Forward RF (1) Walk Forward LF (2)  
3&4            Mambo forward R,L,R (3&4)  
5&6            Coaster Cross (L,R,L) (5&6)  
7-8            Step RF for to side (7) Drag LF to Right (keep weight on RF) (8)

### (9-16) Rock, Recover, ½ turn shuffle, ¼ side shuffle, Behind, Side, Cross

9,10,            LF Rock Forward (9) Recover weight on RF (10)  
11&12           ½ turning shuffle over left shoulder (L,R,L) (11&12) 6:00  
13&14           ¼ turning side shuffle right (R,L,R) (13&14) 3:00  
15&16           Step LF Behind RF (15) Step RF to side (&) Step LF over RF (16)

### (17-24) Side Rock Recover, Crossing Shuffle, ¾ Turn, Shuffle Forward

17,18,           Rock RF to the Side (17) Recover weight to LF (18)  
19&20           Cross RF over LF (19) Step LF to side (&) Step RF over LF (20)  
21,22           Step back ¼ with LF (21) Step forward ½ RF (22) 12:00  
23&24           Shuffle Forward L,R,L (23&24)

### (25 – 32) Rocking Chair (or two ½ turns), Jazz Box ¼ turn

25 – 28           Rock Forward RF (25) Recover weight LF(26) Rock back RF(27) Recover weight LF(28)

### Restart Here Wall 6

29-32           Cross RF over LF (29) Step LF Back turning ¼ right (30) Step RF to Side(31) Step LF next to RF(32)

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