

Back It Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Amanda Andrews (USA) - April 2020
音樂: Back That Thing Up - Justin Moore



KICKS AND COASTERS

1, 2 Kick R forward twice
3&4 Step R back, Step L together, Step R forward
5, 6 Kick L forward twice
7&8 Step L back, Step R together, Step L forward

WALK FORWARD AND BACK

1, 2, 3, 4 Step forward R, L, R, Touch L toe to left side
5, 6, 7, 8 Step back L, R, L, Touch R toe to right side

2 JAZZ BOXES WITH ¼ TURNS RIGHT

1 Cross R over L
2 Step L back
3 Step R forward turning ¼ right to 3:00
4 Step L together
5-8 Repeat 1-4 with ¼ turn to 6:00

BACK IT UP AND SHAKE IT

&1, 2 Hop back R, L, Clap
&3, 4 Hop back R, L, Clap
5, 6 Hip bump right twice
7, 8 Hip bump left twice

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