

# Back

拍數: 80      牆數: 4      級數: Phrased Low Intermediate  
編舞者: Silvia Schill (DE) - February 2023  
音樂: Back To You - Lost Frequencies, Elley Duhé & X Ambassadors



Sequenz: Intro/A, Tag, B\*, BBB, A, BB

The dance starts after 16 beats with the vocals  
Intro (= Part A) (1 wall)

**A1: Point, cross, unwind ½ l, back, hook, step, lock, locking shuffle forward.**

- 1-2      Tap right toe to right - cross RF over left
- 3-4      ½ turn left around on both balls, weight stays right - lift LF and cross in front of right shin (6 o'clock)
- 5-6      Step forward with left - cross RF behind left
- 7&8      Step forward with left - cross RF behind left and step forward left

**A2: Rocking chair, step, pivot ½ l, step, hold**

- 1-2      Step forward with right - weight back on LF
- 3-4      Step back with right - weight back on LF
- 5-6      Step forward with right - ½ turn left around on both balls, weight at the end left (12 o'clock)
- 7-8      Step forward with right - hold

**A3: Vine l, side, touch/snap r + l**

- 1-2      Step left with left - cross RF behind left
- 3-4      Step left with left - touch RF next to left
- 5-6      Step right with right - touch LF next to right/snap
- 7-8      Step left with left - touch RF next to left/snap

**A4-A6: Repeat A1 - A3**

- 1-24      Repeat A1 to A3 (12 o'clock)

**Part B (4 wall; starts 1st time toward 12 o'clock)**

**B1: ¼ turn r, ¼ turn r, rock back, ¼ turn l, ¼ turn l, shuffle across**

- 1-2      ¼ turn right around and step forward with right - ¼ turn right around and step left with left (6 o'clock)
- 3-4      Step back with right - weight back on LF
- 5-6      ¼ turn left around and step back with right - ¼ turn left around and step left with left (12 o'clock)
- 7&8      Cross RF far over left - small step left with left and cross RF far over left

**B2: Point & point & heel & heel & rock forward, coaster step**

- 1&      Touch left toe to left side and move LF next to right
- 2&      Touch right toe to right side and move RF next to left
- 3&      Touch left heel forward and move LF next to right
- 4&      Touch right heel forward and move RF next to left
- 5-6      Step forward with left - weight back on RF
- 7&8      Step back with left - move RF next to left and small step forward with left

**Restart for B\*: Stop here and start again from the beginning - 12 o'clock**

**B3: Rock forward, ½ turn r, ½ turn r, shuffle back, rock back**

- 1-2      Step forward with right - weight back on LF
- 3-4      ½ turn right around and step forward with right - ½ turn right around and step back with left

5&6 Step back with right - move LF next to right and step back with right  
7-8 Step back with left - weight back on RF

**B4: Step, pivot ¼ r, cross, hold-side-behind-side-cross-side-touch-side-touch**

1-2 Step forward with left - ¼ turn right around on both balls, weight at the end on right (3 o'clock)  
3-4 Cross LF over right - hold  
&5 Step right with right and cross LF behind right  
&6 Step right with right and cross LF over right  
&7 Step right with right and touch LF next to right  
&8 Step left with left and touch RF next to left

**Tag (1st wall; starts direction 12 o'clock)**

**Side, touch r + l**

1-2 Step right with right - touch LF next to right  
3-4 Step left with left - touch RF next to left

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