

Back Up

拍數: 32 牆數: 2 級數: Improver
編舞者: Hana Iwai (JP) - June 2023
音樂: Git Yer Cowboy On - Sean Patrick McGraw
或: Free Ride - The JaneDear Girls



Start on vocals (no Tags, no Restarts)

[1-8] Kick, Cross, Point, Kick, Cross, Point, Scuff, Jump, Swivel Right

1&2 Kick R forward, Cross R over Left, Point L toe to left side
3&4 Kick L forward, Cross L over right, Point R toe to right side
5-6 Scuff R beside left, Jump with both feet forward
7-8 Twist R toe to right and twist L heel to left, Return to center (weight on L)

[9-16] Kick, Back Out-Out, Kick, Back Out-Out, Heel Taps

1&2 Kick R forward, Step R diagonally back, Step L diagonally back
3&4 Kick R forward, Step R diagonally back, Step L diagonally back
5-8 Swivel R heel in & tap, Return R heel out, Swivel L heel in & tap, Return L heel out (weight on L)

[17-24] ¼ Turn with Scoot & Hitch X 2, Rock Back, Recover, ¼ Turn Step, Heel Touch, Step, ¼ Turn Hitch

1-2 Turning ¼ right Scoot L & Hitch R, turning ¼ right Scoot L & Hitch R
3-4 Rock back R, Recover L
5-6 Turning ¼ left Step R to right side, Touch L heel to left side (looking over L shoulder)
7-8 Step L to place, Turning ¼ right Hitch R (6:00)

[25-32] Step, Stomp, Step, Stomp/Stomp, Heel Touches

1-2 Step R forward, Stomp L beside right
3&4 Step R forward, Stomp L twice beside right
5-8 Touch R heel forward, Step R beside left, Touch L heel forward, Step L beside right

REPEAT THE DANCE AND HAVE FUN

Alternative music choices

“Free Ride” by The JaneDear Girls

When using this song, there will be 2 Restarts and 1 easy Tag

Restart on Wall 3 after 28 counts (facing 6:00) on Wall 6 after 24 counts (facing 12:00)

Tag at the end of wall 7 (facing 6:00)

1-2 Clap hands twice