

Back at It

拍數: 64 牆數: 4 級數: Phrased Intermediate
編舞者: Aurora de Jong (USA) - October 2024
音樂: Back at It - Zayde Wølf



Dance starts after 16 counts of the heavy beat.

Sequence: A AB AC AB A CCBB A Tag AA

On the bright side, there are NO RESTARTS! AND the tag is only 8 counts, facing 12:00!
Don't panic! Watch the video and listen to the song a few times and it'll be a piece of cake!! ☐

Part A (32 counts)

[1-8] Walk forward, step ½ back, shuffle back, rock/recover, ¼ right L hitch, step left to side

- 1-2 Step R forward (1), step L back turning ½ right (2) (6:00)
- 3&4 Shuffle back RLR
- 5-6 Rock L back (6), recover to R (7)
- 7-8 Hitch L, making ¼ right pivot (7), step L to left (8) (9:00)

[9-16] Touch R forward-side, ¼ right sailor, L V step

- 1-2 Touch R forward (1), touch R out to right (2)
- 3&4 ¼ sailor right: Step R back, turning ¼ right (3), step ball of L to R (&), step R forward (4)
- 5-8 L 'V' step: step L forward and slightly out to the left (5), step R forward and slightly out to the R (6), step L home (7), step R home (8) (12:00)

[17-24] Pivot ¼ right, body roll, hitch back 2x

- 1 Pivot both heels ¼ left, making a ¼ right turn (3:00)
- 2-4 Body roll over 3 counts, into a slight "sit" (I make a slight "sit" on the & of 1 and "unsit" and roll forward, then back to the "sit" on count 4)
- 5-6 Hitch R up and back (5), step R back (6)
- 7-8 Hitch L up and back (7), step L back (8)

[25-32] Rock back/recover, R shuffle forward, L step forward and bounce around ½ right

- 1-2 Rock R back (1), recover to L (2)
- 3&4 Shuffle forward RLR
- 5 Step L forward (5)
- 6-8 Bounce heels up and down 3x while making a ½ right turn (keeping weight on the back foot (the L foot) (9:00)

Part B - "Clapping" (16 counts)

[1-8] Walk forward and back while clapping!

- 1-2 Step R forward (1), step L forward (2)
- 3-4 Step R forward (4), touch L forward (4)
- 5-6 Step L back (5), step R back (6)
- 7-8 Step L back (7), touch R back (8)

During counts 1-8, clap twice as fast as you're walking, so you'll be clapping 2x for each step or touch

[9-16] THE SAME AS COUNTS 1-8 , only making ¼ right turn!

- 1-2 Step R forward, making a ¼ turn right (1), step L forward (2)
- 3-4 Step R forward (3), touch L forward (4)
- 5-6 Step L back (5), step R back (6)
- 7-8 Step L back (7), touch R back (8)

Same clapping on counts 9-16: clap twice as fast as you're walking, so you'll be clapping 2x for each step or touch

Part C - "Muscles" (16 counts)

[1-8] Slow step forward with "muscle arms", 2 quick steps forward, dropping one arm with each step, ¼ step pivot left

- 1-3 Step R forward, making fists and holding both arms in the air like you're showing off your biceps (1), hold (2), hold (3)
- 4-6 Step L forward and drop your R arm across your body, still making fist (4), step R forward and drop your L arm across your body, still making fist (5), hold (6)
- 7-8 Pivot ¼ left, putting weight to L (7), hold (8)

[9-16] THE SAME AS COUNTS 1-8! Yeah! Slow step forward with "muscle arms", 2 quick steps forward, dropping one arm with each step, ¼ step pivot left

- 1-3 Step R forward, making fists and holding both arms in the air like you're showing off your biceps (1), hold (2), hold (3)
- 4-6 Step L forward and drop your R arm across your body, still making fist (4), step R forward and drop your L arm across your body, still making fist (5), hold (6)
- 7-8 Pivot ¼ left, putting weight to L (7), hold (8)

Tag (8 counts) - facing 12:00

Walk forward and hitch 2x, walk back and hitch 2 x (optional arms: pump opposite fist in the air with each hitch)

- 1-2 Step R forward (1), hitch L leg and punch sky with R fist (2)
- 3-4 Step L forward (3), hitch R leg and punch sky with L fist (4)
- 5-6 Step R back (5), hitch L leg and punch sky with R fist (6)
- 7-8 Step L back (7), hitch R leg and punch sky with L fist (8)

The dance ends after the second time through A following the Tag. If you want to end at the front, change the last 4 counts (counts 29-32) to a L 'V' step instead of the step bounce around! EZ PZ

Questions?

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