

# Step Back

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Bill Bader (CAN)  
音樂: Angelyne - Nitty Gritty Dirt Band



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## BACK, TOGETHER, BACK, HITCH, FORWARD, TOGETHER, FORWARD, HITCH ½ TURN LEFT

1-2-3      Step right back, step left beside right, step right back  
4          Hitch left knee up  
5-6-7      Step left forward, step right beside left, step left  
8          Hitch right knee up across left turning ½ left (now facing the 6:00 wall)

## BACK, TOGETHER, BACK, HITCH, FORWARD, TOGETHER, FORWARD, HITCH ¼ TURN LEFT

1-2-3      Step right back, step left beside right, step right back  
4          Hitch left knee up  
5-6-7      Step left forward, step right beside left, step left  
8          Hitch right knee up across left turning ¼ left (now facing the 3:00 wall)

## VINE RIGHT 3 STEPS, HITCH, VINE LEFT 3 STEPS, HITCH

1-2-3      Step right to right side, cross step left behind right, step right to right side  
4          Hitch left knee up  
5-6-7      Step left to left side, cross step right behind left, step left to left side  
8          Hitch right knee up

## STEP BACK WITH HIP PUSH, HOLD, FORWARD HIP PUSH, HOLD, PUSH HIPS BACK-FORWARD- BACK-FORWARD

1-2      Step right back pushing hips back to right, hold. (feet remain in place now until the end.)  
3-4      Push hips forward to left, hold  
5-6      Push hips back to right, then forward to left  
7-8      Push hips back to right, then forward to left

**REPEAT**

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