

Step Back

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



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
