

# Bring It All Back

**COPPERKNOB**  
STEPPERS

拍數: 0                      牆數: 2                      級數: Intermediate  
編舞者: Wayne Parkin  
音樂: Bring It All Back - S Club 7



Sequence: ABA, ACBA, ACC, TAG, A to the end

## PART A

### SYNCOATED OUT-OUT, HOLD, SHUFFLE FORWARD, ROCK FORWARD, SHUFFLE BACK

&1-2                      Jump feet apart right, left. Hold  
3&4                      Shuffle forward right, left, right  
5-6                      Rock forward on left, back on right  
7&8                      Shuffle back left, right, left

### MONTEREY TURN RIGHT, SHUFFLE LEFT, ROCK BACK, SHUFFLE RIGHT

1-2                      Touch right to right side, while turning bring right foot to left foot  
3&4-5-6                      Shuffle left. Left, right, left. Rock right behind left  
7&8                      Shuffle right. Right, left, right

## PART B

### ROCK LEFT TO LEFT, CROSS SHUFFLE, ROCK RIGHT TO RIGHT, TURN RIGHT, THEN FULL TURN

1-2-3&4                      Rock left to left, cross left over right and shuffle right. Left, right, left  
5-6                      Rock right to right, when rocking back on to left turn right  
7&8                      Full turn right, left, right

### ROCK FORWARD ON LEFT, LEFT SAILOR STEP, RIGHT SAILOR STEP, ROCK BACK ON LEFT

1-2                      Rock forward on left and back on right  
3&4                      Step left behind right, rock right to right, transfer weight center on left  
5&6                      Step right behind left, rock left to left, transfer weight center on right  
7-8                      Rock left behind right

### STEP, HOLD, & SMALL JUMP LEFT, HOLD, STEP, STEP, STEP, TWIST HEALS LEFT, TWIST HEALS RIGHT

1-2&3-4                      Step left to left hold small jump to left, hold  
5-6-7-8&                      Step forward right, left, right, twist heals left twist heals back to right

### ROCK FORWARD ON LEFT SHUFFLE LEFT BACK, MONTEREY TURN RIGHT, TRIPLE STEP

1-2                      Rock forward on left  
3&4                      Shuffle back on left  
5-6                      Touch right to right side, while turning bring right foot to left foot  
7&8                      Triple step. Left, right, left

### STEP FORWARD, STEP FORWARD SHUFFLE FORWARD, ROCK FORWARD TURN SHUFFLE

1-2                      Step forward right, left  
3&4                      Shuffle forward right, left, right  
5-6                      Rock forward on left and back on right  
7&8                      Turn to left shuffle left, right, left

### STEP FORWARD, STEP FORWARD SHUFFLE FORWARD, 2 X PADDLE TURNS, SHUFFLE

1-2                      Step forward right, left  
3-4                      Step forward on right turn left  
5-6                      Step forward on right turn left

7&8 Turn to left shuffle right, left, right

**PART C**

**STEP LEFT FORWARD 2X HIP BUMPS, STEP RIGHT FORWARD 2X HIP BUMPS, ROCK LEFT FORWARD, TURN SHUFFLE**

1-2 Step forward left, push hips forward twice  
3-4 Step forward right, push hips forward twice  
5-6 Rock forward on left, back on right  
7&8 Turn shuffle left. Left, right, left

**STEP RIGHT FORWARD 2X HIP BUMPS, STEP LEFT FORWARD 2X HIP BUMPS, ROCK RIGHT FORWARD, TURN SHUFFLE**

1-2 Step forward right, push hips forward twice  
3-4 Step forward left, push hips forward twice  
5-6 Rock forward on right, back on left  
7&8 Turn shuffle right. Right, left, right

**TAG**

**STEP FORWARD, STEP FORWARD SHUFFLE FORWARD, ROCK FORWARD TURN SHUFFLE**

1-2 Step forward left, right  
3&4 Shuffle forward left, right, left  
5-6 Rock forward on right and back on left  
7&8 Turn to right shuffle right, left, right

**STEP FORWARD, STEP FORWARD SHUFFLE FORWARD, 2 X PADDLE TURNS, SHUFFLE**

1-2 Step forward left, right  
3-4 Step forward on left turn right  
5-6 Step forward on left turn right  
7&8 Shuffle forward left, right, left

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