

Back In 5

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Andie Ghidiu (USA)
音樂: As Long as You Love Me - Backstreet Boys



DIAGONAL STEPS, KICK, CROSS, TOUCH AND TURN, KNEE POPS

- 1-4 Step left foot forward at a left diagonal, step right in front of left at same diagonal, kick left foot forward (from knee) at a left diagonal, step left forward in front of right
- 5-8 Touch right toe out to right side, pivot $\frac{3}{4}$ right on left foot closing right foot next to left (as in Monterey turn), pop right knee and hip to the right two times (snap fingers right hand with knee pops if you wish)

KICK-BALL-TOUCH, TOUCH, KICK-BALL-TOUCH, SHIFT, PIVOT, ROLL UP

- 1&2 Right kick-ball-touch (ending left toe touch out to left side)
- &3& Traveling to left - raise left knee (low hitch), touch toe to left side, raise left knee (right foot will twist heel-toe-heel-toe as you travel to left side on &3&4)
- 4&5 Turn $\frac{1}{4}$ left and kick-ball-touch (ending right toe touch out to right side)
- 6&7-8 Shift weight (lean or lunge) to right foot bending right knee, pivot $\frac{1}{4}$ left, body roll up to left foot on 7-8

DIAGONAL STEPS, $\frac{1}{2}$ TURN, $\frac{1}{2}$ TURN, SIDE AND CROSS

- 1&2 Stomp right foot forward to right side at 2:00, lift right (kind of bouncy on these), step forward on right foot crossing just in front of left
- 3&4 Stomp left foot forward left side at 10:00, lift left, step forward on left foot crossing left just in front of right
- 5&6 Stomp right foot side right, lift right foot turning $\frac{1}{2}$ right, step right foot to side right
- &7&8 Lift left foot while pivoting $\frac{1}{2}$ right on right foot, stomp left foot to left side, lift left foot, step left foot forward crossing just in front of right

TOE-HEEL TWISTS, DRAG, THREE STEP TURN AND TOUCH

- 1&2 Step right foot to right side pointing toe at a right diagonal, twist right heel right, twist right toe right (right forearm and hand should move with right toe, extending, flexing, and extending at the elbow)
- 3-4 Drag right toe in to left foot, touch right toe next to left
- 5-8 Three count $1 \frac{1}{2}$ turn: step back on the right and turn $\frac{1}{2}$ right, step forward with the left and turn another $\frac{1}{2}$ right, step back with the right and turn the final $\frac{1}{2}$ right, touch left next to right

TOE TOUCHES, STEP, $\frac{1}{4}$ TURN, TOUCH AND COASTER

- 1&2 Touch left toe forward, return left next to right while lifting right, touch right toe forward
- &3&4 Return right next to left while lifting left, touch left toe forward, return left next to right, step forward on right
- 5-6 Turn $\frac{1}{4}$ left and step forward on left, touch right toe forward
- 7&8 Step back on right, step left next to right, step forward on right crossing over left slightly

TOE-HEEL TWISTS, STEP AND TOUCH, TOUCH AND TURN

- 1&2 Step left foot to left side pointing toe at a left diagonal, twist left heel left, twist left toe left (add left arm)
- &3&4 Turn $\frac{1}{2}$ left on left foot, step right foot to right side, twist right heel right, twist right toe right (add right arm)
- 5-6 Turn $\frac{1}{4}$ right and step forward on left, touch right toe forward
- 7-8 Touch right toe back, turn $\frac{1}{2}$ right and bring right foot in next to left (as in Monterey turn)

REPEAT

