

# Back Into It

拍數: 48      牆數: 4      級數: Intermediate/Advanced  
編舞者: Guyton Mundy (USA)  
音樂: U R the One - Usher



## FRONT KICK (TWICE), ¼ TURN SIDE KICK, TOGETHER, SIDE ROCK/RECOVER, SCUFF, SYNCOPATED VINE

1&2      Kick right foot forward, switch to kick left foot forward  
3&4      While doing ¼ turn to the left kick right foot to right side, bring feet together, step right foot to right side rocking to right side  
5-6      Recover to left, scuff right foot while making ½ turn to the left  
7&8      Step out right, cross left behind right, step out right

## SWEEP TURN, HEEL SWIVEL, COASTER, STEP, STEP

1-2      Sweep left toe around while making ¾ turn to the right  
&3-4      Swivel left heel to left, return to neutral, slide left foot beside right  
5&6      Step back left, step together right, step forward left  
7-8      Step forward right-left

## WALK BACK, HEEL RAISE, ¼ TURN SAILOR

1-2      Walk back right-left  
3&4      Walk back right, raise left heel, replace heel  
5&6      While doing ¼ turn to the left step behind with right, step together with left, step out wide with right  
7-8      Drag left foot into right (keeping weight on right)

## LEFT SAILOR, ROCK/RECOVER, FULL TURN WALK AROUND, STEP, STEP

1&2      Step behind with left, step together with right, rock forward on left  
3      Recover back on right  
4-5-6      Do full turn while stepping left-right-left  
7-8      Step forward right-left

## HITCH, SHOULDER ROCKS, SYNCOPATED VINE, ROCK/RECOVER

1-2      Hitch right knee, make ¼ turn to the right placing right foot down shoulder-width apart  
3-4      Rock shoulders left-right  
5&6      Cross left behind right, step out right, cross left in front of right  
7-8      Rock out to right side, recover to left side

## SHOULDER ROCKS, ¼ TURN SAILOR, 1 ½ TURN, LEFT COASTER

1-2      Rock shoulders right-left  
3&4      While making ¼ turn to the left step behind right, step together left, step forward right  
5-6      Do 1 ½ turn on right foot  
7&8      Step back left, step together right, step forward left

REPEAT