

Back Into It

拍數: 48
編舞者: Guyton Mundy (USA)
音樂: U R the One - Usher

牆數: 4

級數: Intermediate/Advanced



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