

Back It Up

拍數: 32 牆數: 4 級數: Intermediate hip hop
編舞者: Eric Tan (SG)
音樂: Back It Up - Blue



STEP RIGHT SIDE, LEFT BEHIND, STEP RIGHT, BIG STEP LEFT, TAP RIGHT TWICE, RIGHT FORWARD AND BACK TOUCHES WITH BODY AND ARM SWINGS

- 1-2& Step right to side, cross left behind right, step right slightly to side
3&4 Pushing weight with right take a big step to side stepping on left, tap right towards left, tap right next to left
5&6 Bending body backward and looking up swing arms up (fingers spread) and touch right forward, straighten body and looking straight swing arms down to sides lifting right towards left, bending body forward and looking down swing arms behind and touch right back
7&8 Repeat counts 5&6 above

MONTEREY ½ TURN RIGHT, ¼ HITCH TURN RIGHT TWICE, RIGHT VAUDEVILLE, RIGHT KICK FORWARD, STEP OUT OUT ON RIGHT LEFT SLIGHTLY BACK

- 1&2 Point right to side, turning ½ right step right next to left, point left to side
&3&4 Hitch left knee turning ¼ right, touch left to side, hitch left knee turning ¼ right, touch left to side
5&6& Cross left over right, step right diagonally back right, touch left heel diagonally forward left, step down on left
7&8 Kick right forward, step right slightly diagonally back right, step left to side

SYNCOPATE TO SIDE, SQUAT DOWN LOOKING TOWARDS LEFT, STAND UP WITH HAND TOUCHES, BODY MOVEMENT IN CROUCHED POSITION, RIGHT SAILOR SHUFFLE ¼ RIGHT

- &1-2 Step right next to left, step left to side, squat down with hands by the hips swinging toes out and turning head to look to the left
3&4 Swinging toes to center stand up and with left arm crossed over right arm touch right shoulder with left hand and left shoulder with right hand, uncross arms and touch right shoulder with right hand and left shoulder with left hand, bring hands straight down and touch hips
5&6 Placing hands by the knees for support and looking straight forward in a crouched position: shift body to the right, shift body to center, shift body to the left
7&8 Standing up cross right behind left with ¼ turn right, step left in place with ¼ turn right, turning ¼ right step right forward

SLIDING WALKS, SYNCOPATED LEFT VINE, STEP, ½ LEFT TURN

- 1-2 With weight on right toe slide left forward transferring weight onto left and lift right heel, with weight on left toe slide right forward transferring weight onto right and lift left heel
3-4 With weight on right toe slide left forward transferring weight onto left and lift right heel, with weight on left toe slide right forward transferring weight onto right and lift left heel
5-6& Step left to side, cross right behind left, step left to side
7-8 Step right forward, turning ½ left step left forward

REPEAT

Music ends one count before end of dance on wall 12. Just skip the ½ left turn for a big finish facing front wall.