

# Back-Tracking

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Stephen Sunter (UK)  
音樂: How Do I Live (Mr. Mig Remix) - LeAnn Rimes



## RIGHT SAILOR SHUFFLE, LEFT SAILOR SHUFFLE, BACK RIGHT ¼ TURN, BACK LEFT, FORWARD RIGHT ¼ TURN, SIDE LEFT

1&2      Step right foot behind left, step left foot to left, step right to right  
3&4      Step left foot behind right, step right foot to right, step left to left  
5-6      Step back on right foot making ¼ turn right, step left foot next to right  
7-8      Step forward on right foot making ¼ turn right, step left foot to left side  
9-16      Repeat counts 1-8

## STEP RIGHT, LEFT BEHIND, HITCH LEFT, POINT LEFT, HITCH LEFT, LEFT IN FRONT OF RIGHT, TWIST

17-18      Step right foot to right side, step left behind right  
&19-20      Step right foot to right side, hitch left knee, point left toe to left side  
21-22      Hitch left knee, cross step left in front of right foot  
23-24      Twist heels right and you upper body left, twist back to center

## STEP LEFT, RIGHT BEHIND, HITCH RIGHT, POINT RIGHT, HITCH RIGHT, RIGHT IN FRONT OF LEFT, TWIST

25-26      Step left foot to left side, step right behind left  
&27-28      Step left foot to left side, hitch right knee, point right toe to right side  
29-30      Hitch right knee, cross step right in front of left foot  
31-32      Twist heels left and you upper body right, twist back to center

## 1 ¼ TURN RIGHT, RIGHT SHUFFLE, ROCK FORWARD, ROCK BACK, ½ SHUFFLE TURN LEFT

33-34      Step right pivoting ¾ turn on the ball of right foot, step left pivoting ½ on the ball of left foot  
**You should have completed a 1 ¼ turn to the right, traveling to your right**  
35&36      Step right forward, slide left next to right, step right forward  
37-38      Rock forward on left foot, rock weight back onto right foot  
39&40      Making ½ turn left step forward on left foot, slide right next to left, step left forward

## FULL TURN, RIGHT SHUFFLE, ROCK BACK, STEP BACK RIGHT, UNWIND ½ TURN RIGHT, ¼ TURN STEP LEFT

41-42      Step right making ½ turn left, step left making ½ turn left  
**These turns are a forward continuation of 39 & 40. You should have completed a full turn left. You are now facing ¼ left from your starting position**  
43&44      Step right forward, slide left next to right, step right forward  
45-46      Rock weight back on to left foot, point right foot back  
47-48      Unwind ½ turn right placing weight onto right foot, making ¼ turn right step left foot to left

## RIGHT BEHIND LEFT, CLAP, SIDE STEP LEFT, SIDE STEP RIGHT, REPEAT STARTING WITH LEFT

49-50      Step right foot behind left, hold and clap  
51-52      Step left to left side, step right to right side  
53-54      Step left foot behind right, hold and clap  
55-56      Step right to right side, step left to left side  
57-64      Repeat counts 49-56

**On the last 16 counts with each step you should travel backwards slightly.**

**REPEAT**

