# Backbone

拍數: 32　　　　牆數: 4　　　　級數: Beginner

編舞者: Bill Shepard (USA)

音樂: I Just Wanna Be Mad - Terri Clark

| | |
|---|---|
| 1 | Touch the right heel forward |
| 2 | Touch the right toe next to left foot |
| 3 | Touch the right toe out to the right |
| 4 | Bring the right foot next to the left with weight |
| 5 | Touch the left toe out to the left |
| 6 | Touch the left toe next to the right foot |
| 7 | Touch the left heel forward |
| 8 | Bring the left foot next to the right with weight |

## MONTEREY TURN
| | |
|---|---|
| 9 | Touch the right toe out to the right |
| 10 | Bring the right foot in as you turn half turn to the right, step on the right foot. Weight is on the right foot |
| 11 | Touch the left toe out to the left |
| 12 | Bring left foot in to the right with weight |

**To do the next move the left foot should be a little forward of the right**

## LEFT VINE WITH A QUARTER TURN
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|---|---|
| 13 | Right foot behind the left |
| 14 | Step left with the left foot as you quarter turn to the left |
| 15 | Step forward on the right |
| 16 | Extended left heel touch forward (like the truck-en dude) |

## BACKWARDS HALF TURN
| | |
|---|---|
| 17 | Step back with the left foot. Weight is on the left |
| 18 | Step back on the right as you turn a quarter turn to the right. Weight is on the right |
| 19 | Cross the left in front of the right as you turn a quarter turn to the right step on the left foot. Weight is on the left |
| 20 | Extended right heel touch forward (like the truck-en dude) |

## BACKWARDS WEAVE
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|---|---|
| 21 | Step back and slightly to the right with the right foot |
| 22 | Cross the left foot in front of the right and step on the left with weight |
| 23 | Step back with the right foot with weight |
| 24 | Step to the left with the left foot |

## JAZZ BOX
| | |
|---|---|
| 25 | Cross the right foot in front of the left and step on the right with weight |
| 26 | Step back on the left |
| 27 | Step to the right with the right foot |
| 28 | Step forward on the left foot |

## STEP QUARTER TURN
| | |
|---|---|
| 29 | Touch the right toe forward |
| 30 | Pivot on the left foot a quarter turn to the left. Weight is on the left foot |
| 31 | Touch the right toe forward |
| 32 | Pivot on the left foot a quarter turn to the left. Weight is on the left foot |