

Backslidin'

拍數: 32 牆數: 4 級數:
編舞者: Lana Harvey (USA)
音樂: Draggin' My Heart Around - Travis Tritt



FORWARD VINE, BACK SLIDES

- 1 Step forward on left
 - 2 Step forward and to outside of left with right
 - 3 Step forward on left
- (You will be moving forward and slightly left on 1-3)**
- 4 Touch right heel next to instep of left
 - 5 Step back on right
 - & Slide left back to right
 - 6 Step back on right
 - & Slide left back to right
 - 7 Step back on right
 - & Slide left back to right
 - 8 Step back on right

(You will be moving back and slightly right on 5-8)

FULL TURNS

- 9 Step left $\frac{1}{4}$ turn to left
 - 10&11 Shuffle right, left, right turning $\frac{3}{4}$ to left
- (You have now made one full turn left)**
- 12 Step left next to right
 - 13 Step right $\frac{1}{4}$ turn to right
 - 14&15 Shuffle left, right, left turning $\frac{3}{4}$ turn to right
- (You have now made one full turn right)**
- 16 Step right next to left

STEP, KICK-BALL CHANGE, KICK, CROSS, KICK, CROSS, BACK

- 17 Step forward on left
- 18 Kick right forward
- & Step on ball of right and lift left off ground
- 19 Step left in place
- 20 Kick right forward
- 21 Cross right over left
- 22 Kick left forward
- 23 Cross left over right
- 24 Step back on right

HIP BUMPS

- 25 Step on left with toes pointing 45 degrees to right, bump hips to left
 - 26 Bump hips to left
 - 27 Bump hips to right
 - 28 Bump hips to right
 - 29 Step on left with toes pointing 45 degrees to left side
 - 30 Step right parallel to left slightly apart
- (You are now facing 45 degrees left)**
- 31 Bump hips to right
 - 32 Bump hips to right

As you start the dance over, step forward another 45 degrees left. You are now facing a new wall $\frac{1}{4}$ turn left

of where you started the dance.

REPEAT
