

# Backtracking

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 & LEFT SAILOR STEPS, ¼ TURNS RIGHT TWICE

1&2      Cross right behind left, step left to left side, step right to place  
3&4      Cross left behind right, step right to right side, step left to place  
5-6      Step back right making ¼ turn right, step left beside right  
7-8      Step forward right making ¼ turn right, step left to left side

## RIGHT & LEFT SAILOR STEPS, ¼ TURNS RIGHT TWICE

9-16      Repeat counts 1-8

## SYNCOPATED VINE RIGHT WITH HITCH, POINT, CROSS & HEEL TWIST

17-18      Step right to right side, cross left behind right  
&19-20      Step right to right side, hitch left knee, point left toe to left side  
21-22      Hitch left knee, cross left over right  
23      With feet crossed twist both heel right and upper body left  
24      Twist back to center

## SYNCOPATED VINE LEFT WITH HITCH, POINT, CROSS & HEEL TWIST

25-26      Step left to left side, cross right behind left  
&27-28      Step left to left side, hitch right knee, point right toe to right side  
29-30      Hitch right knee, cross right over left  
31      With feet crossed twist both heel left and upper body right  
32      Twist back to center

## 1 & ¼ TURN RIGHT, RIGHT SHUFFLE, ROCK STEP, ½ TURN SHUFFLE

33      Step right ¼ turn right  
34      On ball of right pivot ½ turn right stepping back left  
35      On ball of left pivot ½ turn right stepping forward right  
&36      Close left beside right, step forward right  
37-38      Rock forward on left, rock back onto right  
39      On ball of right pivot ½ turn left stepping forward left  
&40      Slide right beside left, step forward left

## FULL TURN & RIGHT SHUFFLE, ROCK, BACK ½ TURN, ¼ TURN STEP

41      On ball of left turn ½ turn left stepping back right  
42      On ball of right turn ½ turn left stepping forward left  
43&44      Step forward right, close left beside right, step forward right  
45-46      Rock back on left, touch right toe back  
47      Turn ½ turn right taking weight forward onto right  
48      On ball of right turn ¼ turn right stepping left to left side

## CROSS BEHIND, CLAP, SIDE STEPS, CROSS BEHIND, CLAP, SIDE STEPS

49-50      Cross right behind left, hold & clap  
51-52      Step left to left side, step right to right side  
53-54      Cross left behind right, hold & clap  
55-56      Step right to right side, step left to left side

During these steps travel slightly back

**CROSS BEHIND, CLAP, SIDE STEPS, CROSS BEHIND, CLAP, SIDE STEPS**

57-64

Repeat counts 49-56

**REPEAT**

---