

# Backward Start

拍數: 48      牆數: 4      級數: Intermediate/Advanced  
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音樂: Per Sempre Amore - Lolly



## 4 X BACKWARD PIVOTS, WITH TOE STRUTS

1-2      Touch right toes back, ½ pivot right placing right heel down  
3-4      Touch left toes forward, ½ pivot right placing left heel down  
5-8      Repeat first 4 counts

If you do not like turning you can just do 4 backward toe struts (right, left, right, left)

## COASTER, ½ TURN, KICK BALL CHANGE, ¼ TURN

1&2      Step back on right, bring left next to right, step forward on right  
3-4      Step forward on left, ½ pivot right  
5&6      Kick left forward, step onto ball of left next to right, step forward on right  
7-8      Step forward left, ¼ turn right

## SHUFFLE BOX

1&2      Step forward left, bring right next to left, step forward left  
3&4      Step right to right side, bring left next to right, step right to right side  
5&6      Step back left, bring right next to left, step back left  
7&8      Step right behind left, step left to left side, step forward right

## 2 X KICK BALL CHANGES, BACKWARD TOE STRUT, CROSS, UNWIND

1&2      Kick left forward, step onto ball of left next to right, step right in place  
3&4      Kick left forward, step onto ball of left next to right, step right in place  
5-6      Touch left toes back, ½ pivot left placing left heels down  
7-8      Cross right over left ½ turn unwinding to left

## HIP BUMPS

1-2      Push right hip to right side, push right hip to right side  
3-4      Push left hips to left side, push left hip to left side  
5-6      Circle hips left  
7-8      Circle hips left

## DOUBLE MONTEREY TURN, APPLEJACKS, 2 X STOMPS

1-2      Touch right to right side, ½ turn right bringing right next to left  
3-4      Touch left to left side, ½ turn right bringing left next to right  
&5      Swivel to left on right toes and left heel, bring both back to place  
&6      Swivel to right on left toes and right heel, bring both back to place  
7-8      Stomp right next to left, stomp left next to right

If you do not like doing applejacks, you can swivel heels left, center, right, center

## REPEAT