

Backwards

拍數: 64 牆數: 2 級數: Improver
編舞者: Yvonne Hammond (AUS)
音樂: Walk Out Backwards - Rick Trevino



1-8 Strut back right toe/heel, left toe/heel
9-16 Repeat

VINE RIGHT WITH STOMP, VINE LEFT WITH STOMP

1-4 Step right to right side, step left behind right, step right to right side, stomp left heel beside right
5-8 Step left to left side, step right behind left, step left to left side, stomp right heel beside left

LOCK STEP FORWARD WITH SHUFFLES RIGHT & LEFT

1-2 Step forward at 45 degrees right on right, lock left foot behind right
3&4 Shuffle forward right-left-right
5-6 Step forward on left at 45 degrees left, lock right foot behind left
7&8 Shuffle forward left-right-left

PIVOTS & TURNS

1-2 Step forward on right, pivot ½ turn left onto left
3&4 Shuffle forward right-left-right
5-6 Step forward on left, pivot ½ turn right onto right
7&8 Shuffle forward left-right-left

REGGAE TURN ¼ turn RIGHT

1-4 Step right across front of left, step back on left, turn ¼ turn right & step to right side on right, step left together

RIGHT 45 & LEFT 45 (TUSH PUSH) CAN BE ONE RIGHT 45, ONE LEFT 45

1& Touch right heel forward at 45 degrees right, jump back on right beside left
2& Touch left heel forward at 45 degrees left, jump back on left
3& Touch right heel forward at 45 degrees right, jump back on right
4& Touch left heel forward, jump back on left

ROCKS & TURN ¾ turn RIGHT

1-2 Rock forward on right, rock back on left
3&4 Turn ¾ turn over right shoulder stepping right-left-right on the spot

LEFT 45 S, RIGHT 45 S, (TUSH PUSH) CAN BE ONE LEFT 45 ONE RIGHT 45

1&2& Touch left forward, jump back on left, touch right forward, jump back on right
3&4 Touch left forward, jump back on left, touch right forward

STEP BACKWARDS WITH FORWARD HEEL DIGS

1-4 Step back right, dig left heel forward, step back left, dig right heel forward
5-8 Repeat above 4 steps

TWO ¼ turn MONTEREY TURNS

1-2 Touch right out to right, turn ¼ turn right & step right beside left
3-4 Touch left out to left side, step left beside right
5-8 Repeat above 4 steps

REPEAT

RESTART

At front wall on 3rd sequence only, dance first 32 steps then begin again.
