Back That Thing Up



拍數: 40 牆數: 2 級數: Improver 編舞者: Shawna Crane (USA) & Sherry Ehler (USA) - August 2008

音樂: Back That Thang Up - Justin Moore



Right Grapevine, Left Grapevine (Could Do Rolling Grapevines)

1-4 Right grapevine (right to right, left behind right, right to right, scuff left next to right)

5-8 Left grapevine (left to left, right behind left, left to left, scuff right next to left)

Right Shuffle Forward, Left Rock Step, Left Shuffle Back, Right Rock Back

1&2 Right shuffle forward (right, left, right)

3-4 Left rock step (rock forward on left, recover on right)

5&6 Left shuffle backwards (left, right, left)

7-8 Right rock step back (rock back on right, recover left)

Right Slide, Hip Bumps, Left Slide, Hip Humps

1-4 Right side slide, hip bumps right twice5-8 Left side slide, hip bumps left twice

Right Step, Left Touch, Left Kick Ball Touch, Touch, Touch

1-2 Step forward on right, touch left to left side

3&4 Kick left forward, step left beside right, touch right to side

5-6 Step right behind left, touch left to side7-8 Step left behind right, touch right to side

Cross, 1/4 Turn Left, Out, Out, Hold, In, In, Hold, 1/4 Turn Left

1-2 Cross right over left, do a ¼ left

&3-4 Right out, left out, hold &5-6 Right in, left in, hold

7-8 Step right to right side, turn ¼ left (putting weight on left)

Repeat