

To The Back

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Ria Vos (NL) - September 2009
音樂: Back It Up (Radio Edit) - Caro Emerald



Intro: 32 counts

Dorothy Step, ½ Turn L Shuffle Fwd, Point Fwd, Point R, & ¼ Turn R, Point L, & Heel

1-2& Step Fwd on R Slightly to Right Diagonal, Lock L Behind R, Turn ½ Left Step on Ball of R
3&4 L Shuffle Fwd Slightly to Left Diagonal stepping L-R-L (6:00)
5-6 R Point Fwd, Point R to Right Side
&7 ¼ Turn Right Step R Next to L, Point L to Left Side (9:00)
&8 Step L Next to R, Touch R Heel Fwd

(&) ¼ Turn R Sway L, & ½ Turn L Sway R, Ball -Cross Shuffle, Unwind ¾ Turn R, ½ Turn R

&1-2 ¼ Turn Right Step R Next to L, Sway L to Left Side, Recover on R (12:00)
&3-4 ½ Turn Left Step L Next to R, Sway R to Right Side, Recover on L (6:00)
&5&6 Step on Ball of R Next to L, Cross L Over R, Step R to Right Side, Cross L Over R
7-8 Unwind ¾ Turn Right (weight on R), ½ Turn R Step Back on L (9:00)

Rock Back, Recover with Brush, R Shuffle Fwd, Mambo ¼ Turn L, ¼ Turn L, ¼ Turn L

1 Rock Back on R (Dip Down Slightly), Point L Slightly Fwd with Bend Knee
2 Recover on L with R Brush/Flick Backwards
3&4 R Shuffle Fwd Stepping R-L-R
5&6 Rock Fwd on L, Recover on R, ¼ Turn Left Step L to Left Side (6:00)
7-8 ¼ Turn Left Step R to Right Side, ¼ Turn Left Step L to Left Side (12:00)

Cross Rock, Triple Full Turn R (Traveling R), Cross Rock, Point, Sailor Cross ½ Turn L

1-2 Rock R Over L, Recover on L
3&4 ¼ Turn Right Step Fwd on R, ½ Turn Right Step Back on L, ¼ Turn Right Step R to Right Side
5&6 Rock L Over R, Recover on R, Point L to Left Side
7&8 Cross L Behind R Turning ½ Turn Left, Step R Next to L, Cross L Over R (6:00)

R Diagonal Back, Lock, R Back Lockstep, L Diagonal Back, Lock, L Back Lockstep

1-2 Step Back on R to Right Diagonal, Lock L Over R (Angle Body Right)
3&4 R Lockstep Backwards to Right Diagonal Stepping R-L-R (Angle Body Right)
5-6 Step back on L to Left Diagonal, Lock R Over L (Angle Body Left)
7&8 L Lockstep Backwards to Left Diagonal Stepping L-R-L (Angle Body Left)

Full Turn R, & Side, Point, & ¼ Turn L, Touch, Hip Bumps Fwd, ¼ Turn R Hip Bumps Fwd

1-2 ¼ Turn Right Step Fwd on R, ½ Turn Right Step Back on L (3:00)
&3 ¼ Turn Right Step R to Right Side, Point L to Left Side (6:00)
&4 ¼ Turn Left Step Slightly Fwd on L, Touch R Next to Left (3:00)
5&6 Step Fwd on R Bump Fwd, Back, Fwd
7&8 ¼ Turn Right Step Fwd on L Bump Fwd, Back, Fwd (6:00)***RestartPoint

Walk, Walk, Side Rock, Cross, Point, Step Pivot 1/2 Turn R, Shuffle ½ Turn R

1-2 Walk Fwd R, L
&3&4 Rock R to Right Side, Recover on L, Cross R over L, Point L to Left Side
5-6 Step Fwd on L, Pivot ½ Turn Right
7&8 Shuffle ½ Turn Right Stepping L-R-L

Walk Back x2, Side Rock, Behind, Point, Touch Back, ½ Turn L, Pivot ½ Turn L

1-2 Walk Back R, L

&3&4 Rock R to Right Side, Recover on L, Cross R Behind L, Point L to Left Side

5-6 Touch L Toe Backwards, Unwind ½ Turn Left (Weight on L)

7-8 Step Fwd on R, Pivot ½ Turn Left

Restart: On Every 1st wall (1, 3 & 5) After Count 48 (Everytime Facing 6:00)

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