

Back It Up

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Dan Morrison (CAN) - January 2012
音樂: Back It Up (Radio Edit) - Caro Emerald



Intro: 32 Counts

Walk Back, R Coaster, Step, 1/2 Step, Coaster

1-2 Step R back (1) Step L back (2)
3&4 Step R back (3) Step L beside R (&) Step R forward (4)
5-6 Step L forward (5) 1/2 turn L, Step R back (6)
7&8 Step L back (7) Step R beside L (&) Step L forward (8)

Walk forward, Anchor Step, L Sailor, R Sailor

1-2 Step R forward (1) Step L forward (2)
3&4 Step R behind L (3) Step L in place (&) Step R back (4)
5&6 Step L behind R (5) Step R beside L (&) Step L side L (6)
7&8 Step R behind L (7) Step L beside R (&) Step R side R (8)

RESTART: 3rd rotation, touch R beside L on R Sailor (8)

Cross, Side, Sailor, Cross, Side, 1/2 Sailor

1-2 Step L over R (1) Step R side R (2)
3&4 Step L behind R (3) Step R beside L (&) Step L side L (4)
5-6 Step R over L (5) Step L side L (6)
7&8 1/4 turn R, Step R back (7) 1/4 turn R, Step L side L (&) Step R over L (8)

L Shuffle, R Rock-Step, R Shuffle, L Rock-Step

1&2 L Side Shuffle (L,R,L)
3-4 Step R back (3) Step L in place (4)
5&6 R Side Shuffle (L,R,L)
7-8 Step L back (7) Step R in place (8)

Out, Out, Back, Back, Cross, Back, Ball-Cross, Back

1-4 Step L forward (1) Step R side R (2) Step L back (3) Step R beside L (4)
5-6 Step L over R (5) Step R back (6)
&7-8& Step L beside R (&) Step R over L (7) Step L back (8) Step R beside L (&)

Cross, Side, 1/2 L Shuffle, Cross Mambo-1/4 R Step, Step, 1/2 turn

1-2 Step L over R (1) Step R side R (2)
3&4 1/4 turn L, Step L back (3) Step R beside L (&) 1/4 turn L, Step L side L (4)
5&6 Step R over L (5) Step L in place (&) Step R 1/4 turn R (6)
7-8 Step L forward (7) 1/2 turn R, wt on L (8)

ENJOY AND HAVE FUN

Restart: During 3rd rotation, dance first 16 counts, but touch R beside L, with R sailor, then start again.

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