

# 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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