

Goin' Back

拍數: 32 牆數: 2 級數: Low Beginner
編舞者: Rob Everett (USA) - April 2012
音樂: I'm Going Back - Eugene Bridges



BACKWARDS TOE-HEEL STRUTS WITH FINGER SNAPS

[The general movement during each step of this 8-count is backwards.]

- 1 Step right toes to the back, bringing the arms up and ready to snap the fingers
- 2 Step the right heel down, bringing the arms down and snapping the fingers
- 3 Step left toes to the back, bringing the arms up and ready to snap the fingers
- 4 Step the left heel down, bringing the arms down and snapping the fingers
- 5 Step right toes to the back, bringing the arms up and ready to snap the fingers
- 6 Step the right heel down, bringing the arms down and snapping the fingers
- 7 Step left toes to the back, bringing the arms up and ready to snap the fingers
- 8 Step the left heel down, bringing the arms down and snapping the fingers

ROCK STEPS

[During each step of this 8-count, the left foot will not move.]

- 1 Step and rock the right foot to the back
- 2 Shift the weight forward to the left foot
- 3 Step and rock the right foot to the front
- 4 Shift the weight back to the left foot
- 5 Step and rock the right foot to the back
- 6 Shift the weight forward to the left foot
- 7 Step and rock the right foot to the front
- 8 Shift the weight back to the left foot

TURNING SIDE-TOGETHER (x4) WITH CLAPS

[During each side step of the next 8-count, turn slightly to the left. The cumulative turn should be a ½ turn from the starting point, making the dance a 2-wall dance.]

- 1 Step right foot to right side
- 2 Touch left foot beside right foot and clap hands
- 3 Step left foot to left side
- 4 Touch right foot beside left foot and clap hands
- 5 Step right foot to right side
- 6 Touch left foot beside right foot and clap hands
- 7 Step left foot to left side
- 8 Touch right foot beside left foot and clap hands

HIP BUMPS

[After the first step of this 8-count, the feet are planted and do not move.]

- 1&2 Step right foot diagonally forward and bump hips forward right - backward left - forward right
- 3&4 Bump hips diagonally backward left - forward right - backward left
- 5&6 Bump hips diagonally forward right - backward left - forward right
- 7&8 Bump hips diagonally backward left - forward right - backward left

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