

Backtrack

拍數: 48 牆數: 2 級數: Advanced
編舞者: Maggie Gallagher (UK) - November 2012
音樂: Backtrack - Rebecca Ferguson : (Album: Heaven - Deluxe)



Intro: 16& counts (10 secs) Start on the word "Back"

S1: OUT R, L, R SIDE ROCK & CROSS, & R HEEL & WALK L, STEP FWD R, ½ PIVOT L

1-2 Step right out to right side, Step left out to left side
3&4 Rock right to right side, Recover on left, Cross right over left
&5&6 Step back on left, Tap right heel to right diagonal, Step right next to left, Walk forward left
 [1.30]
7-8 Step forward on right, ½ pivot left [7.30]

S2: & WALK L, TOUCH R ACROSS, & WALK L, KICK R, BACK R,L,R, BUMP BACK L,R,L

&1-2 Step right next to left, Walk forward on left, Touch right slightly across left
&3-4 Step right next to left, Walk forward left, Kick right forward
5&6 Run back right, left, right
7&8 Bump back on left, Bump forward on right, Bump back on left [7.30]

S3: & WALK L, CROSS R, ¼ BACK, ½ R, POINT L&R & CROSS BACK HEEL, & CROSS R, ¼ BACK

&1-2 Step right next to left, Walk forward on left, Cross right over left making 1/8 turn left [6:00]
3& ¼ right slightly stepping back on left, ½ right stepping right next to left [3:00]
4&5 Point left to left side, Step left next to right, Point right to right side
&6&7 Step right next to left, Cross left over right, Step back on right, Tap left heel forward
&8& Step left next to right, Cross right over left, ¼ right stepping back on left [6:00]

S4: WALK BACK R, HOLD, & WALK R, L, R SIDE TOGETHER BACK, ½ L, STEP R, ½ L PIVOT

1-2 Walk back on right, HOLD
&3-4 Step left next to right, Walk forward right, Walk forward left
5&6 Step right to right side, Step left next to right, Step back on right
7-8& ½ left stepping forward on left, Step forward on right, ½ pivot left

*** Restart Wall 1 [6:00]**

S5: POINT HITCH CROSS R, POINT HITCH CROSS L, STEP R, ½ L HITCH PIVOT, L COASTER

1&2 Point right to right side, Hitch right knee over left, Cross right over left
3&4 Point left to left side, Hitch left knee over right, Cross left over right
5-6 Step forward right, ½ pivot left hitching left knee up [12:00]
7&8 Step back on left, Step right next to left, Step forward on left

S6: R DOROTHY STEP FWD, WALK L, ½ R, FULL TURN R, L SIDE TOGETHER FWD

1-2& Step forward on right, Lock left behind right, Step forward on right
3-4 Walk forward on left, ½ pivot right
5-6 ½ right stepping back on left, ½ right stepping forward on right
7&8 Step left to left side, Step right next to left, Step forward on left [6.00]

Restart: Wall 1 after 32 counts