

Backwards

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Rachael McEnaney (USA) - April 2014
音樂: Backwards - Rascal Flatts



(Rachael Allman, Olivia Grace Beale, Laura Carvill, Paul Culshaw, Danielle Daley, Hannah Day, Bethany Forsyth, Lauren Forsyth, Abbie Ingram, Lewis Jenkins, Nicola Lafferty, Shane McKeever, Emmy Jo Munro, Daina Peters, Jodi Riddoch, Samuel Robins, Jenny Stephenson, Nicola Tubman, Fred Whitehouse) (UK)

Count In: The dance has a long slow intro....dance starts on the fast beat at approx 0.43 after he sings: "When you play a country song backwards" Count 1 begins on word "House"

Notes: Tag is on 7th wall. Begin 7th wall facing 6.00, dance first 4& counts of dance, then add the Tag below. There is an ending to the dance when they finish singing – we suggest you fade the music at this point.

[1 - 8] R stomp, L sailor stomp, R behind, L side, Stomp fwd R-L (or leg slaps), R shuffle

- 1 2 & 3 Stomp right to right side (1), cross left behind right (2), step right next left (&), stomp left to left side (3) 12.00
- 4 & Cross right behind left (4), step left to left side (&), 12.00
- 5 6 Stomp right foot forward (5) (option: flick left foot up behind right and slap with right hand (&), Stomp left foot forward (6) (option: hitch right knee and slap with left hand (&)) 12.00
- 7 & 8 Step forward right (7), step left next to right (&), step forward right (8) 12.00

[9 - 16] Fwd L, ½ pivot R, big step L, touch R, R side, L behind, R ball, L cross, R side, L heel

- 1 2 Step forward left (1), pivot ½ turn right (2), 6.00
- 3 4 Take big step to left side (3), touch right next to left (4) 6.00
- 5 6 Step right to right side (5), cross left behind right (6), 6.00
- & 7 & 8 Step right to right side (&), cross left over right (7), step right to right side (&), touch left heel to left diagonal (8) (body angled to L diagonal) 4.30

[17 - 24] R & L heel switch with option to hold or double heel, R&L heel switch, L ball, R rock fwd

- & 1 2 Stay facing L diagonal Step left next to right (&), touch right heel forward (1) touch right heel forward OR hold (2) 4.30
- & 3 4 Begin making 1/8 turn left: Step right next to left (&), touch left heel forward (3), touch left heel forward OR hold (4) 4.30
- & 5 & 6 Finish making 1/8 turn left: Step left next to right (&), touch right heel forward (5), step right next to left (&), touch left heel forward (6) 3.00
- & 7 8 Step left next to right (&), rock forward right (7), recover weight left (8) 3.00

[25 - 32] Charleston back, R coaster step, L shuffle

- 1 2 3 4 Step back right (1), touch left toe back (2), step forward left (3), touch (or kick) right foot forward (4) 3.00
- 5 & 6 Step back right (5), step left next to right (&), step forward right (6) 3.00
- 7 & 8 Step forward left (7), step right next to left (&), step forward left (8) 3.00

TAG: 7th wall begins facing 6.00 – Do first 4& counts of the dance (R stomp, L sailor stomp, R behind, L side) then do the following TAG:

Step forward right (1), pivot ½ turn left (2), hold 'approx' 2 counts (3,4), then shimmy shoulders for 4 counts (or step right to right side and alternate very fast R-L on the spot for 4 counts and take hands from hips up the body to above head) (5,6,7,8) Then start the dance again facing 12.00

Ending: 10th wall begins facing 6.00 – The first 8 counts is normal speed then it slows down for next 8 counts After you touch left heel to diagonal on count 8 you should be facing 12.00

Step in place on ball of left (&), cross right over left and unwind a full turn slowly to face the front.

Rachael : www.dancewithrachael.com - Rachaedance@me.com - Tel: +1 407-538-1533 - +44 7968181933
CountryVive: <https://www.facebook.com/CountryVive> - www.worlddancemasters.com
