

# Off To The Back

**COPPER** KNOB  
BY STEPHEN

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Betsy Courant (USA) - May 2014  
音樂: Ain't Off to the Back - Ben l'Oncle Soul : (iTunes - Amazon)



#16 count intro; dance starts on lyrics

## S1: WALK FWD R L, R SHUFFLE FWD, STEP, ¼ PIVOT R, L CROSS SHUFFLE

1 - 2      Walk forward Right, Left  
3 & 4      Shuffle forward Right Left Right  
5 - 6      Step Left forward, ¼ pivot turn right step Right to right side  
7 & 8      Crossing shuffle: cross Left over Right, step Right to right side, cross Left over Right [3:00]

## S2: R ROCK, RECOVER, BEHIND SIDE CROSS, L ROCK, RECOVER, ½ SAILOR TURN LEFT

1 - 2      Rock Right to right side, recover Left  
3 & 4      Step Right behind Left, step Left to left side, cross Right over Left  
5 - 6      Rock Left to left side, recover Right  
7 & 8      Step Left behind Right, ¼ turn left step Right next to Left, ¼ turn left step Left to left side [9:00]

## S3: R ROCKING CHAIR, ¼ TURN HIP ROLL (2X)

1 - 4      Rock Right forward, recover Left, rock Right back, recover Left  
5 - 6      Make ¼ turn left step Right to right side while pushing right hip to right, recover Left  
7 - 8      Make ¼ turn left step Right to right side while pushing right hip to right, recover Left [3:00]

## S4: R JAZZ BOX, STEP OUT, OUT, IN, IN

1 - 4      Cross Right over Left, step Left back, step Right to right side, cross Left over Right  
5 - 8      Step Right out, step Left out, step Right in, step Left next to Right (Restart Wall 2)

## S5: R BACK L KNEE POP, L BACK R KNEE POP, R ANCHOR STEP, L BACK R KNEE POP, R BACK L KNEE POP, L ANCHOR STEP

1 - 2      Step back Right and pop Left knee, step back Left and pop Right knee  
3 & 4      Step Right behind Left, recover Left in place, recover Right in place (anchor step)  
5 - 6      Step back Left and pop Right knee, step back Right and pop Left knee  
7 & 8      Step Left behind Right, recover Right in place, recover Left in place (anchor step) (Restart Wall 5)

## S6: ¼ TURN L R TO SIDE, L BEHIND SIDE CROSS, STEP, L STEP, HOLD, CROSS, SIDE, BEHIND

1, 2 &      ¼ turn left step Right to right side(1), step Left behind right(2), step Right to right side (&) [12:00]  
3 - 4      Cross Left over Right, step Right to right side  
5, 6      Step Left to left side (5), hold (6)  
& 7 - 8      Cross Right over Left, step Left to left side, step Right behind Left)

## S7: L STEP, ROLL R HIP, R STEP, ROLL L HIP, ROCK, RECOVER, BEHIND, ¼ R TURN, STEP

1 - 2      Step Left to left side and roll Right hip in & around (clockwise)  
3 - 4      Recover Right and roll Left hip in and around (anti-clockwise)  
5 - 6      Rock Left, recover Right  
7 & 8      Step Left behind Right, ¼ turn right step Right forward, step Left next to Right [3:00]

## S8: 2 ½ PIVOT TURNS, OUT, OUT, HOLD

1 - 2      Step forward Right, ½ pivot turn left step Left forward  
3 - 4      Step forward Right, ½ pivot turn left step Left forward  
&5      Jump out R (&) then Left (5)

6 - 8            Hold for counts 6, 7, 8 [3:00]

(optional: the music changes up in the last 4 counts – so play around with it – you can hold where the music drops out and do hip bumps or rolls where the music continues)

**Restarts:**

On Wall 2, Restart dance after 32 counts.

On Wall 5, Restart dance after 40 counts.

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