

Backup Plan

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Elisabeth Hundsnes (NOR) & Guro Pauline Sætherbø (NOR) - July 2025

Musik: Backup Plan - Bailey Zimmerman & Luke Combs

oder: She's Country - Jason Aldean



No tags, 2 restarts

Start dancing with the lyrics

Alternative music: She's Country – Jason Aldean (restart wall 5 after 16 counts)

Section 1: Stomp and swivel x2

1,2,3,4 Stomp RF forward, swivel R toe to R, swivel R heel to R, swivel R toe to R (weight on RF)
5, 6,7,8 Stomp LF forward, swivel L toe to L, swivel L heel to L, swivel L toe to L (weight on LF)
(restart wall 9)

Section 2: Step, touch, step, kick, step, touch, step, scuff

1-2 Step RF forward, touch L toe behind RF (optional: slap LF with R hand)
3-4 Step LF back in centre, kick RF
5-6 Step RF back, touch L toe in front of RF (optional: hook LF. styling: touch your hat with your hand)
7-8 Step LF back in centre, scuff RF

Section 3: Vine diagonal and scuff x2

1-2 Step RF diagonal to R with 1/8 turn over L shoulder, step LF behind RF,
3-4 Step RF diagonal to R, scuff LF and 1/8 turn over R shoulder (back in centre)
5-6 Step LF diagonal to R with 1/8 turn over R shoulder, step LF behind RF,
7-8 Step LF diagonal to L, scuff RF and 1/8 turn over L shoulder (back in centre)
(restart wall 5)

Section 4: Heel switches and ¼ turn

1-2 Touch R heel forward, step RF next to LF
3-4 Touch L heel forward, step LF next to RF with a ¼ turn over R shoulder
5-6 Touch R heel forward, step RF next to LF
7-8 Touch L heel forward, step LF next to RF

Last Update: 29 Jul 2025