

# Back-Tracking

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Stephen Sunter (UK)

Music: How Do I Live (Mr. Mig Remix) - LeAnn Rimes



## RIGHT SAILOR SHUFFLE, LEFT SAILOR SHUFFLE, BACK RIGHT ¼ TURN, BACK LEFT, FORWARD RIGHT ¼ TURN, SIDE LEFT

- 1&2 Step right foot behind left, step left foot to left, step right to right
- 3&4 Step left foot behind right, step right foot to right, step left to left
- 5-6 Step back on right foot making ¼ turn right, step left foot next to right
- 7-8 Step forward on right foot making ¼ turn right, step left foot to left side
- 9-16 Repeat counts 1-8

## STEP RIGHT, LEFT BEHIND, HITCH LEFT, POINT LEFT, HITCH LEFT, LEFT IN FRONT OF RIGHT, TWIST

- 17-18 Step right foot to right side, step left behind right
- &19-20 Step right foot to right side, hitch left knee, point left toe to left side
- 21-22 Hitch left knee, cross step left in front of right foot
- 23-24 Twist heels right and you upper body left, twist back to center

## STEP LEFT, RIGHT BEHIND, HITCH RIGHT, POINT RIGHT, HITCH RIGHT, RIGHT IN FRONT OF LEFT, TWIST

- 25-26 Step left foot to left side, step right behind left
- &27-28 Step left foot to left side, hitch right knee, point right toe to right side
- 29-30 Hitch right knee, cross step right in front of left foot
- 31-32 Twist heels left and you upper body right, twist back to center

## 1 ¼ TURN RIGHT, RIGHT SHUFFLE, ROCK FORWARD, ROCK BACK, ½ SHUFFLE TURN LEFT

- 33-34 Step right pivoting ¾ turn on the ball of right foot, step left pivoting ½ on the ball of left foot
- You should have completed a 1 ¼ turn to the right, traveling to your right**
- 35&36 Step right forward, slide left next to right, step right forward
- 37-38 Rock forward on left foot, rock weight back onto right foot
- 39&40 Making ½ turn left step forward on left foot, slide right next to left, step left forward

## FULL TURN, RIGHT SHUFFLE, ROCK BACK, STEP BACK RIGHT, UNWIND ½ TURN RIGHT, ¼ TURN STEP LEFT

- 41-42 Step right making ½ turn left, step left making ½ turn left
- These turns are a forward continuation of 39 & 40. You should have completed a full turn left. You are now facing ¼ left from your starting position**
- 43&44 Step right forward, slide left next to right, step right forward
- 45-46 Rock weight back on to left foot, point right foot back
- 47-48 Unwind ½ turn right placing weight onto right foot, making ¼ turn right step left foot to left

## RIGHT BEHIND LEFT, CLAP, SIDE STEP LEFT, SIDE STEP RIGHT, REPEAT STARTING WITH LEFT

- 49-50 Step right foot behind left, hold and clap
- 51-52 Step left to left side, step right to right side
- 53-54 Step left foot behind right, hold and clap
- 55-56 Step right to right side, step left to left side
- 57-64 Repeat counts 49-56

**On the last 16 counts with each step you should travel backwards slightly.**

**REPEAT**

