

Back and Forth

Count: 32

Wall: 4

Level: Beginner

Choreographer: Frank Trace (USA) - May 2021

Music: Back and Forth - Cameo



Intro: 48 count

Alternate music: "Boys" by Lizzo

No tags or restarts!

ROCK, RECOVER, ROCK, RECOVER, ROCK, RECOVER, ¼ TURN, TOUCH

1-4 Rock R forward, recover onto L, rock R back, recover onto L

5-8 Rock R forward, recover onto L, step R ¼ turn right, touch L next to R (3:00)

STEP TOUCHES LEFT & RIGHT, ROCK L FORWARD, RECOVER, ¼ TURN LEFT, TOUCH

1-4 Step L to left side, touch R next to L, step R to right side, touch L next to R

5-8 Rock L forward, recover onto R, step L ¼ turn left, touch R next to L (12:00)

VINE RIGHT, VINE LEFT ¼ TURN LEFT, SCUFF

1-4 Step R to right side, step L behind R, step R to right side, touch L next to R

5-8 Step L to left side, step R behind L, step L ¼ left, scuff R forward (9:00)

SYNCOPATED HIP STRUTS, "V" STEP

1&2 Touch R toe forward while bumping hips R, L, R (drop R heel on count 2)

3&4 Touch L toe forward while bumping hips L, R, L (drop L heel on count 4)

5-8 Step R diagonal forward right, step L diagonal forward left, step R back under body, step L next to R

BEGIN AGAIN
