

# Forward, Backward

Count: 64

Wall: 4

Level: Phrased High Beginner

Choreographer: Karen Lee (TW) - December 2022

Music: Naar Voren, Naar Achter - Alpenzusjes



Intro: 32C, \* No Restart. / No Tag.

\* Sequence: A,B, A,A, A,B, A,B, B,B.

**A=32C**

**[S1]: Walk Forward (R-L-R), Kick, Walk Back (L-R-L), Jump (Clap).**

1-4 Walk Forward RF-LF-RF, LF Kick

5-8, Walk Backward LF-RF-LF, Jump and Clap (weight on LF).

**[S2]: Vine, Touch, (R-L).**

1-4 Step RF to R side, Cross LF behind RF, Step RF to R side, Touch LF next to RF

5-8 Step LF to L side, Cross RF behind LF, Step LF to L side, Touch RF Next to LF.

**[S3]: K-Step.**

1-4 Step RF diagonally forward, Touch LF Next to RF, Step LF diagonally back, Touch RF Next to LF

5-8 Step RF diagonally Back, Touch LF Next to RF, Step LF diagonally forward, Brush RF Forward.

**[S4]: Rocking Chair, Pivot Turn 1/4 L x 2**

1-4 Rock RF Forward, Recover on LF, Rock RF Backward, Recover on LF

5-6 Step RF Forward, 1/4 turn Left Weight on LF,

7-8 Repeat 5-6

**B=32C**

**[S1]: Forward Walk (R-L), Shuffle Forward, (Twice).**

1-2, 3&4 Forward Walk, Walk,(R-L), Forward Shuffle

5-6, 7&8, Repeat 1-2, 3&4.

**[S2]: Shuffle Back (X2), Backward Walk (R-L), Back Rock, Recover.**

1&2, Step RF Back, step LF Beside RF (&), Step RF Back,

3&4, Step LF Back, step RF Beside LF(&), Step LF Back,

5-6-7-8 Backward Walk, Walk,(R-L),Rock RF Backward, Recover on LF

**[S3]: Rumba Box (Forward).**

1-2, 3&4 Step RF to R Side, Step LF Beside RF, R Shuffle Forward.

5-6, 7&8, Step LF to L Side, Step RF Beside LF, L Shuffle Forward.

**[S4]: Half K-Step Backward, 1/4 R, Side Touch (R/L).**

1-4 Step RF diagonally Back, Touch LF Next to RF, Step LF diagonally back, Touch RF Next to LF

5-8 1/4 Turn Right, Step RF to R Side, Touch LF Next to RF, Step LF to L Side, Touch RF Next to LF.

**REPEAT**

Enjoy and happy Dancing...

Last Update: 29 Dec 2022

