## 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.
$A=32 C$
[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
$B=32 C$
[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
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