

Back And Forward

Count: 64

Wall: 2

Level: Improver

Choreographer: Jan Wyllie (AUS)

Music: Swingin' Doors - Martina McBride



SHUFFLE ROCK ROCK, SHUFFLE ROCK ROCK

- 1&2-3-4 Shuffle forward left, right, left, rock forward on right, rock back on left
5&6-7-8 Shuffle back right, left, right, rock back on left, rock forward on right

STEP SCUFF STEP SCUFF, STEP SCUFF STEP SCUFF

- 9-12 Step forward on left, scuff right forward, step forward on right, scuff left forward
13-16 Step forward on left, scuff right forward, step forward on right, scuff left forward

ROCK ROCK STEP HOLD, ROCK ROCK STEP TOUCH

- 17-20 Rock forward on left, rock back on right, step back on left, hold
21-24 Rock back on right, rock forward on left, step forward on right, touch left beside right

STEP TOGETHER STEP TOUCH, STEP TOGETHER STEP TOUCH

- 25-28 Step left to left, step right beside left, step left to left, touch right beside left
29-32 Step right to right, step left beside right, step right to right, touch left beside right

STEP SLIDE STOMP STOMP, STEP SLIDE STOMP STOMP

- 33-36 Big step to left on left, slide right to left keeping weight on left, stomp right beside left twice (weight right)
37-40 Big step to left on left, slide right to left keeping weight on left, stomp right beside left twice (weight right)

ROCK RETURN ROCK RETURN, ROCK RETURN ROCK ACROSS RETURN

- 41-44 Rock left to left, rock/return weight to right, rock left behind right, rock/return weight to right
45-48 Rock left to left, rock/return weight to right, rock/step left across right, rock/return weight to right

¼ ROCK RETURN SHUFFLE BACK, STEP TOUCH TOUCH TOUCH

- 49-50 Making ¼ turn left rock forward on left, rock back on right
51&52 Shuffle back left, right, left
53-56 Step back on right, touch left toe beside right, touch left toe to left side, touch left toe beside right

STEP LOCK STEP HOLD, STEP PIVOT ¼ STEP HOLD

- 57-60 Step forward on left, lock/step right behind left, step forward on left, hold
61-64 Step forward on right, pivot ¼ left transferring weight to left, step forward on right, hold

REPEAT

RESTART

There are 2 restarts. The first one is on the 3rd wall (facing front) after count 16. The second one is on the 6th wall (facing front) after count 40.