Count: 32
Wall: 4
Level: High Beginner / Easy Intermediate
Choreographer: Terry Pournelle (USA) - July 2011
Music: Back It Up - Caro Emerald

## Alternative music: Rolling In The Deep by Adele - Intro 8 counts

## Intro 32 counts (Back it Up)

## WALK RIGHT, LEFT, ANCHOR STEP, LEFT COASTER, BRUSH HITCH CROSS

1-2 Step right forward, step left forward
$3 \& 4 \quad$ Step right slightly behind left, step left in place, step right slightly behind left and slightly sideways
5\&6 Step left back (squaring up to front wall), step right back, step left forward
7\&8 Brush right foot, hitch right knee, cross right over left (weight on right)
COASTER, POINT \& POINT, HEEL \& HEEL, ROCK RECOVER
1\&2 Step left back, step right back, step left forward
3\&4\& Touch right toes to right side, step right together, touch left toes to left side, step left together
5\&6\& Touch right heel forward, step right together, touch left heel forward, step left together
7-8 Rock right forward, recover left

## LOCK STEP BACK, TOUCH UNWIND, SCISSORS RIGHT \& LEFT

1\&2 Step right back, lock left in front of right, step right back
3-4 Touch left toe behind right heel, unwind $3 / 4$ turn (3:00) (weight on left)
$5 \& 6 \quad$ Step right to right, step left next to right, cross right over left
7\&8 Step left to left, step right next to left, cross left over right
ROCK RECOVER, FULL TURN TRIPLE IN PLACE, ROCK RECOVER, BACK, BACK, TURNING $1 ⁄ 2$ STEP FORWARD
1-2 Right rock forward, recover left
$3 \& 4 \quad$ Triple in place turning a full turn right, stepping right, left, right
Variation for 3\&4: Coaster step
5-6 Left rock forward, recover right
$7 \& 8$ Step back left, step back right, turn $1 / 2$ turn left stepping forward left (9:00) REPEAT AND ENJOY!
***Special thanks to The Carolina Girls for all their support and to Barbara Gehlmann for the song suggestions.***

