

Back It Up

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Norlizah Abdul Rahim - January 2014

Music: Back It Up - Caro Emerald



Start on vocal

(1-8) Heel Switch, Brush, Touch, Bounce, Kick Ball Change

- 1&2& Touch R heel forward, step down on RF, touch L heel forward, step down on LF
3&4 Brush RF forward, step down on RF, touch L toe forward
5-6 Bounce R hip up & down. Weight on R
7&8 Kick LF forward, step down on LF, step RF forward

(9-16) Walk, Kick Forward, Touch Behind, ¼ Turn Left Chasse, ¼ Turn Right, 1/2 Turn Left

- 1-2 Walk forward on LF, RF
3-4 Kick LF forward, touch LF behind
5&6 Make a ¼ turn left stepping LF to L side, step RF next LF, step LF to L side
7-8 Make a ¼ turn right skating RF, ½ turn left skating LF

***Restart point - wall 4

(17-24) Step, Cross Behind, ¼ Turn Right, Step Forward, Forward Coaster, Step Back, Touch Cross Behind

- 1-4 Step RF to R side, cross LF behind RF, ¼ turn right, stepping RF forward, step LF forward
5&6 Step RF forward, step LF next to RF, step RF back
7-8 Step LF back, touch RF cross behind LF

(25-32) Point, Step, Touch Heel, Step Forward, Touch, Coaster Step

- 1&2& Point R to R side, step RF next to LF, point L toe to L side, step LF next to RF
3&4& Touch R heel forward, step RF next to LF, touch L heel forward, step LF next to RF
5-6 Take a big step on RF forward, touch LF next to RF
7&8 Step LF back, step RF next to LF, step LF forward

RESTART: On wall 4 dance up to count 16....change count 7-8 with skate RF & LF without turning. Now you restart the dance facing 12.00.

Contact: amizurie@gmail.com