

# Back It Up

**COPPER** KNOB  
STEPSHEETS

**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.

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