Count: 64
Wall: 4
Level: Intermediate
Choreographer: Betsy Courant (USA) - May 2014
Music: Ain't Off to the Back - Ben l'Oncle Soul : (iTunes - Amazon)
\#16 count intro; dance starts on lyrics
S1: WALK FWD R L, R SHUFFLE FWD, STEP, ¼ PIVOT R, L CROSS SHUFFLE
1-2 Walk forward Right, Left
3 \& $4 \quad$ Shuffle forward Right Left Right
5-6 Step Left forward, $1 / 4$ pivot turn right step Right to right side
7 \& $8 \quad$ Crossing shuffle: cross Left over Right, step Right to right side, cross Left over Right [3:00]
S2: R ROCK, RECOVER, BEHIND SIDE CROSS, L ROCK, RECOVER, ½ SAILOR TURN LEFT
1-2 Rock Right to right side, recover Left
3 \& $4 \quad$ Step Right behind Left, step Left to left side, cross Right over Left
5-6 Rock Left to left side, recover Right
$7 \& 8 \quad$ Step Left behind Right, $1 / 4$ turn left step Right next to Left, $1 / 4$ turn left step Left to left side [9:00]
S3: R ROCKING CHAIR, ¼ TURN HIP ROLL (2X)
1-4 Rock Right forward, recover Left, rock Right back, recover Left
5-6 Make $1 / 4$ turn left step Right to right side while pushing right hip to right, recover Left
7-8 Make $1 / 4$ turn left step Right to right side while pushing right hip to right, recover Left [3:00]
S4: R JAZZ BOX, STEP OUT, OUT, IN, IN
1-4 Cross Right over Left, step Left back, step Right to right side, cross Left over Right
5-8 Step Right out, step Left out, step Right in, step Left next to Right (Restart Wall 2)

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S5: R BACK L KNEE POP, L BACK R KNEE POP, R ANCHOR STEP, L BACK R KNEE POP, R BACK L KNEE POP, L ANCHOR STEP
1-2 Step back Right and pop Left knee, step back Left and pop Right knee
3 \& 4 Step Right behind Left, recover Left in place, recover Right in place (anchor step)
5-6 Step back Left and pop Right knee, step back Right and pop Left knee
7 \& \(8 \quad\) Step Left behind Right, recover Right in place, recover Left in place (anchor step) (Restart Wall 5)
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S6: $1 / 4$ TURN L R TO SIDE, L BEHIND SIDE CROSS, STEP, L STEP, HOLD, CROSS, SIDE, BEHIND
1,2 \& $\quad 1 / 4$ turn left step Right to right side(1), step Left behind right(2), step Right to right side (\&) [12:00]
3-4 Cross Left over Right, step Right to right side
5, $6 \quad$ Step Left to left side (5), hold (6)
\& 7-8 Cross Right over Left, step Left to left side, step Right behind Left)
S7: L STEP, ROLL R HIP, R STEP, ROLL L HIP, ROCK, RECOVER, BEHIND, ¼ R TURN, STEP
1-2 Step Left to left side and roll Right hip in \& around (clockwise)
3-4 Recover Right and roll Left hip in and around (anti-clockwise)
5-6 Rock Left, recover Right
7 \& $8 \quad$ Step Left behind Right, $1 / 4$ turn right step Right forward, step Left next to Right [3:00]
S8: $2 ½$ PIVOT TURNS, OUT, OUT, HOLD
1-2 Step forward Right, $1 / 2$ pivot turn left step Left forward
3-4 Step forward Right, $1 / 2$ pivot turn left step Left forward
\&5
Jump out R (\&) then Left (5)

6-8 Hold for counts 6, 7, 8 [3:00]
(optional: the music changes up in the last 4 counts - so play around with it - you can hold where the music drops out and do hip bumps or rolls where the music continues)

Restarts:
On Wall 2, Restart dance after 32 counts.
On Wall 5, Restart dance after 40 counts.

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