

Backup

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: TeeKay (NL) - October 2009

Musique: Back It Up - Caro Emerald



Toe Touches, Step, Slide, Heel touches, Kick Ball Step

- 1&2& RF touch to right side, RF close next to LF, LF touch to left side, LF close next to RF
- 3,4 RF take big step to right side, LF slide next to RF (no weight)
- 5&6& LF touch heel forward, LF step back, RF touch heel forward, RF step back
- 7&8 LF kick forward, LF step next to RF, RF step slightly forward

Toe Touches, Step, Slide, Heel touches, Kick Ball Step

- 1&2& LF touch to left side, LF close next to RF, RF touch to right side, RF close next to LF
- 3,4 LF take big step to left side, RF slide next to LF (no weight)
- 5&6& RF touch heel forward, RF step back, LF touch heel forward, LF step back
- 7&8 RF kick forward, RF step next to LF, LF step slightly forward

Step, ¼ Turn Step, ¼ Turn Coaster Step, Step, Step, Rock Step

- 1,2 RF step forward, make ¼ turn right and LF step back
- 3&4 Make ¼ turn right and RF step back, LF step next to RF, RF step forward (06:00)
- 5,6 LF step forward, RF step forward
- 7,8 LF rock forward, weight back on RF

Sailor Step with ¼ Turn Left, Cross Rock, Sailor Step with ¼ Turn Right, Cross Rock

- 1&2 LF cross behind RF, make ¼ turn left and RF step to right side, :LF step to left side (03:00)
- 3,4 RF rock over LF, weight back on LF
- 5&6 RF cross behind LF, make ¼ turn right and LF step to left side, RF step to right side (06:00)
- 7,8 LF rock over RF, weight back on RF

Lock Step, Sweep step, Sweep step, Sweep step, Unwind, Kick, Touch

- 1&2 RF step slightly back, LF lock in front of RF, RF step slightly back
- 3,4 LF sway round from front to back and step behind RF, RF sway round from front to back and step behind LF
- 5,6 RF sway round from front to back and step behind LF, unwind ½ turn right (12:00)
- 7,8 RF kick diagonal right forward, RF touch diagonal left back

Kick & Cross, Step, Heel & Cross, ¼ Turn, ¼ Turn. Shuffle

- 1&2& RF kick diagonal forward, RF step next to LF, LF cross over RF, RF step to right side
- 3&4 LF dig heel diagonal left forward, LF step next to RF, RF cross over LF
- 5,6 Make ¼ turn right and LF step back, make ¼ turn right and RF step forward (06:00)
- 7&8 LF step forward, RF step next to LF, LF step forward ...(Point of Restart)

Mambo Step, Syncopated Mambo Step, Point, Weave Left, Side Rock

- 1&2 RF rock to right side, weight back on LF, RF step next to LF
- &3&4 LF rock to left side, weight back on RF, LF step next to RF, RF point toes out to right side
- 5&6 RF cross behind LF, LF step to left side, RF cross over LF
- 7,8 LF rock to left side, weight back on RF

Lock step, Step, Touch, Step, Kick, Step, Point, Step, Kick Ball Change

- 1&2 LF step diagonal right forward, RF lock behind LF, LF step diagonal right forward
- 3&4 RF step diagonal right forward, LF touch next to RF, LF step diagonal left back
- 5&6& RF kick forward, RF step next to LF, LF point toes out to left side, LF step next to RF

7&8 RF kick forward, RF step on ball foot next to LF, take weight on LF (06:00)

RESTARTS: DURING walls 1, 3, 5 you do the dance until count 48, than restart!
