

Back It Up

Compte: 32

Mur: 4

Niveau: Easy Intermediate

Chorégraphe: Mary Phillips (USA) - August 2013

Musique: Back It Up - Caro Emerald



Start on vocals

Scuff, Hitch, Step Back, Back Left Coaster Step X2

- 1&2 scuff right foot forward, hitch right knee up, step back on right foot.
- 3&4 step back on left foot, step right next to left, step left foot forward.
- 5&6 scuff right foot forward, hitch right knee up, step back on right foot.
- 7&8 step back on left foot, step right next to left, step left foot forward.

Pivot 1/4, Twist 1/4, Coaster Step, Step Slide

- 1-2 step right foot forward, pivot 1/4 to the left. (weight on left)
- 3&4 twisting heels left, right, left. making a 1/4 turn right (weight on left)
- 5&6 step back on right foot, step left next to right, step right foot forward.
- 7-8 step left forward, slide right next to left and take weight.

Restart here on wall 9 facing 12 o'clock, dance first 16 counts, then Restart
Instead of taking weight on count 8, just touch right

Point Hitch 1/4 Turn Step, Paddle 1/2, Heel Jack, Cross Shuffle.

- 1&2 Point left toe forward, small hitch up, turn 1/4 left and step left forward. (9 O'clock)
- 3&4& step forward On the ball of right foot, turn 1/4 left, Repeat
- 5&6& Cross right over left, step right foot slightly back, touch right heel diagonal, step right next to left.
- 7&8 Cross left over right, step right to the right side, cross left over right.

Turn 1/4 Turn 1/4, Step And Bump, Turn 1/2 And Bump, Forward Rock And Touch Back

- 1-2 stepping back on right foot turn 1/4 ccw. turning 1/4 ccw step left foot forward.
- 3&4 step right foot forward, bump hips RLR. (weight on right)
- 5&6 Turning 1/2 left step left forward and bump hips LRL (weight on left)
- 7&8 Rock forward on right, back on left, touch right toe back.

Begin again and have fun.

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