Step Back (喔!強尼) (zh)

拍数: 32 **墙数:** 4 **级数:** Beginner

编舞者: Bill Bader (CAN)

音乐: Johnny O - Nitty Gritty Dirt Band : (CD: Workin Band)

第一段 **Back, Together, Back, Hitch, Forward, Together, Forward, Hitch ½ Turn Left**

1-2-3 Step Right Back, Step Left Beside Right, Step Right Back
右足後踏，左足併，右足後踏

4 Hitch Left Knee Up 左足膝蓋抬起

5-6-7 Step Left Forward, Step Right Beside Left, Step Left
左足前踏，右足併，左足踏

8 Hitch Right Knee Up Across Left Turning ½ Left (Now Facing The 6:00 Wall) 左後轉180度右足膝蓋抬起

第二段 **Back, Together, Back, Hitch, Forward, Together, Forward, Hitch ¼ Turn Left**

1-2-3 Step Right Back, Step Left Beside Right, Step Right Back
右足後踏，左足併，右足後踏

4 Hitch Left Knee Up 左足膝蓋抬起

5-6-7 Step Left Forward, Step Right Beside Left, Step Left
左足前踏，右足併，左足踏

8 Hitch Right Knee Up Across Left Turning ¼ Left (Now Facing The 3:00 Wall) 左後轉90度右足膝蓋抬起

第三段 **Vine Right 3 Steps, Hitch, Vine Left 3 Steps, Hitch**

1-2-3 Step Right To Right Side, Cross Step Left Behind Right, Step Right To Right Side （右華倫步）
右足右踏，左足在右足後踏，右足右踏

4 Hitch Left Knee Up 左足膝蓋抬起

5-6-7 Step Left To Left Side, Cross Step Right Behind Left, Step Left To Left Side （左華倫步）左足左踏，右足在左足後踏，左足左踏

8 Hitch Right Knee Up 左足膝蓋抬起

第四段 **Step Back With Hip Push, Hold, Forward Hip Push, Hold, Push Hips Back-Forward-Back-Forward**

1-2 Step Right Back Pushing Hips Back To Right, Hold. (Feet Remain In Place Now Until The End.)
右足後踏，臀部由後往右推，候

3-4 Push Hips Forward To Left, Hold
臀部由前往左推，候

5-6 Push Hips Back To Right, Then Forward To Left
臀部由後往右推，然後臀部由前往左推

7-8 Push Hips Back To Right, Then Forward To Left
臀部由後往右推，然後臀部由前往左推