

# Back and Forth

**COPPER** **KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Frank Trace (USA) - May 2021  
音乐: Back and Forth - Cameo



Intro: 48 count

Alternate music: "Boys" by Lizzo

No tags or restarts!

## ROCK, RECOVER, ROCK, RECOVER, ROCK, RECOVER, ¼ TURN, TOUCH

1-4      Rock R forward, recover onto L, rock R back, recover onto L  
5-8      Rock R forward, recover onto L, step R ¼ turn right, touch L next to R (3:00)

## STEP TOUCHES LEFT & RIGHT, ROCK L FORWARD, RECOVER, ¼ TURN LEFT, TOUCH

1-4      Step L to left side, touch R next to L, step R to right side, touch L next to R  
5-8      Rock L forward, recover onto R, step L ¼ turn left, touch R next to L (12:00)

## VINE RIGHT, VINE LEFT ¼ TURN LEFT, SCUFF

1-4      Step R to right side, step L behind R, step R to right side, touch L next to R  
5-8      Step L to left side, step R behind L, step L ¼ left, scuff R forward (9:00)

## SYNCOPATED HIP STRUTS, "V" STEP

1&2      Touch R toe forward while bumping hips R, L, R (drop R heel on count 2)  
3&4      Touch L toe forward while bumping hips L, R, L (drop L heel on count 4)  
5-8      Step R diagonal forward right, step L diagonal forward left, step R back under body, step L next to R

BEGIN AGAIN

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