

# Double Back

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Fred Whitehouse (IRE), Jean-Pierre Madge (CH) & Tim Johnson (UK) - October 2021  
音乐: No Plans for Love (with Ne-Yo & Kent Jones) - D-Nice



**Count In: Dance begins after 48 counts**

## **[1-8] L slide, step, touch L, touch R, body roll, weave**

- 1 - 2      Large step to left side on L (1) Step R next to L (2)
- 3&4      Touch L to left side (3), Step L next to R (&), Angling body to 9:00 touch R behind (4)
- 5 - 6      Over two counts body roll down ending with weight on R (5-6)
- 7&8      Straightening up to 12:00 Step L behind R (7) step R to right side (&) Bending knees to drop level, Cross L over R, (8)

**\*\*optional arm movement, on count 8 on walls 2 & 4 raise right hand up with index and middle finger held in a peace sign**

## **[9-16] ¼ R, ½ L, R sailor, walk L, ½ R, ½ L, ½ R**

- 1 - 2      Making a ¼ turn right step forward on R (1) Making a ½ right step back on L (2)[9:00]
- 3&4      Step R behind L (3) Step L to left side (&) Step R next to L (4)
- 5-6      Step forward on L (5) Making a ½ turn left step back on R (6)[3:00]
- 7-8      Making a ½ turn left step forward on L (7) Making a ½ turn left step back on R (8) [3:00]

**\*\*optional styling, on counts 7 - 8 pop knees outwards as you turn.**

## **[17-24] Back L, ball step, forward R, L forward & side &, sweep R, Sweep L**

- 1 - 2      Over two counts take a large step back on L (1-2)
- &3- 4      Step R next to L (&) Step forward L (3) Step forward on R (4)
- 5&6&      Rock forward on L (5) recover weight on R (&) Rock L out to left side (6) recover weight on R (&)
- 7- 8      Step back on L sweeping R from front to back (7) Step back on R sweeping L from front to back (8)

## **[25-32] Back L, Hold, ¼ touch, heel grind, R behind, 1/8 L, camel walks R, L**

- 1-2      Step back on L, keeping R in place pop R knee and lift heel (1) Hold (2)
- &3-4      making ¼ right step forward R (&), touching L toe next to R (3) Step L to left side, heel grind R out to right side (4)[6:00]
- 5-6      Step R behind L (5) making 1/8 Left step forward on L (6)[4.30]
- 7- 8      Step forward on R as you pop left knee (7) step forward on L as you pop right knee (8)

## **[33- 40] R mambo ½, walk L,R, & behind R, heel bounce ½ turn**

- 1&2      Rock forward on R (1) recover weight on L (&) making a ½ turn right, step forward on R (2)[10.30]
- 3-4      Walk forward L (3) walk forward R (4)
- &5,6      Step forward L (&) lock R behind L (5) making a ¼ turn right bounce heels to the left (6)[1:30]
- 7-8      Making a ¼ turn right, bounce heels to the left (7) making a 1/8 turn right, bounce heels to the left (8)[6:00] (weight ends on R)

## **[41 -48] Cross rock L, rock R forward, moonwalk back**

- 1-2      Cross rock L over R (1) recover weight to R (2)
- &3-4      Step L to left side (&) rock R forward (3) recover weight to L (4)
- 5-6      (Moonwalk back) Step R toes next to L keeping weight on R, slide L foot back until heel starts to lift (5) Transfer weight to L toes and put R foot flat to the floor, drag R back past L until heel starts to lift (6)

7-8                    Transfer weight to R toes and put L foot flat to the floor, drag L back past R until heel starts to lift (7) Transfer weight to L toes and put R foot flat to the floor, drag R back past L until heel starts to lift (8)

**\*Alternative to moonwalk would be to do west coast swing steps moving backwards.**

**Step back R, fanning L toes out to left side (5) Step back L, fanning R toes out to right side (6) Step back R, fanning L toes out to left side (7) Step back L, fanning R toes out to right side (8)**

**[49 -56] ¼ R, click, R cross, click, & behind, click, out, out, toes heels**

1-2                    Making a ¼ turn right stepping R to right side (1) reach right arm out to right side and click fingers (2)[9:00]  
&3-4                  Step L to left side (&) cross R over L (3) reach left arm out to left side and click fingers (4)  
&5-6                  Step L to left side (&) Touch R behind L (5) reach both arms out to the side and click both fingers (6)  
&7&8                  Step R out to right side (&) step L out to left side (7) bring both toes into the centre (&) bring both heels into the centre (8)

**[57-64] R Dorothy, L Dorothy, ½ turn R, ½ back lock**

1-2                    Step R forward to right diagonal (1) step L behind R (2)  
&3-4                  Step R to right side (&) step L forward to left diagonal (3) step R behind L (4)  
&5-6                  Step L to left side (&) step R forward (5) make a ½ turn left transferring weight to L (6)[3:00]  
7&8                    Making a ½ turn L, step back on R (7) lock L in front of R (&) step back on R (8)[9:00]\*

**\*Restart the dance by making a ¼ turn left on count 1**

**END OF DANCE**

**Last Update - 8 Nov. 2021**

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