

# Backbone

拍数: 32      墙数: 4      级数: Absolute Beginner  
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音乐: Backbone - Cassidy Daniels



**Intro: Begins 24 seconds in with the start of the lyrics "Once upon a time..."**

## Section 1: R & L Diagonal Step Together Step Scuff

1,2      Step R foot forward on the diagonal, Step L next to R  
3,4      Step R foot forward on the diagonal, Scuff L Foot  
5,6      Step L foot forward on the diagonal, Step R next to L  
7,8      Step L foot forward on the diagonal, Scuff R foot

## Section 2: Right Rocking Chair and Two 1/8 Push Turns L (Styling tip: Roll hips and do a lasso with the Push Turns)

1-4      Rock forward on right, recover left, rock right back, recover left  
5-8      L Ball Of Foot Remains On The Floor As The R Ball Of Foot Touches 2 Times To Push  
          Around 1/4L

## Section 3: R Touch, L Touch, R together R Touch (Styling: Add body rolls with the movements, use that backbone!)

1,2      Step R foot to R side, touch L to inside of R foot  
3,4      Step L foot to L side, touch R to inside of L foot  
5,6      Step R foot to R side, step L next to R  
7,8      Step R foot to R side, touch L to inside of R foot

## Section 4: L Touch, R Touch, L Together L Touch (Styling: Add body rolls with the movements, use that backbone!)

1,2      Step L foot to L side, touch R to inside of L foot  
3,4      Step R foot to R side, touch L to inside of R foot  
5,6      Step L foot to L side, step R next to L foot  
7,8      Step L foot to L side, touch R to inside of L foot

**Repeat and happy dancing!**

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