# Back And Forward

**拍数:** 64          **墙数:** 2          **级数:** Improver

**编舞者:** Jan Wyllie (AUS)

**音乐:** Swingin' Doors - Martina McBride

## SHUFFLE ROCK ROCK, SHUFFLE ROCK ROCK

| | |
|---|---|
| 1&2-3-4 | Shuffle forward left, right, left, rock forward on right, rock back on left |
| 5&6-7-8 | Shuffle back right, left, right, rock back on left, rock forward on right |

## STEP SCUFF STEP SCUFF, STEP SCUFF STEP SCUFF

| | |
|---|---|
| 9-12 | Step forward on left, scuff right forward, step forward on right, scuff left forward |
| 13-16 | Step forward on left, scuff right forward, step forward on right, scuff left forward |

## ROCK ROCK STEP HOLD, ROCK ROCK STEP TOUCH

| | |
|---|---|
| 17-20 | Rock forward on left, rock back on right, step back on left, hold |
| 21-24 | Rock back on right, rock forward on left, step forward on right, touch left beside right |

## STEP TOGETHER STEP TOUCH, STEP TOGETHER STEP TOUCH

| | |
|---|---|
| 25-28 | Step left to left, step right beside left, step left to left, touch right beside left |
| 29-32 | Step right to right, step left beside right, step right to right, touch left beside right |

## STEP SLIDE STOMP STOMP, STEP SLIDE STOMP STOMP

| | |
|---|---|
| 33-36 | Big step to left on left, slide right to left keeping weight on left, stomp right beside left twice (weight right) |
| 37-40 | Big step to left on left, slide right to left keeping weight on left, stomp right beside left twice (weight right) |

## ROCK RETURN ROCK RETURN, ROCK RETURN ROCK ACROSS RETURN

| | |
|---|---|
| 41-44 | Rock left to left, rock/return weight to right, rock left behind right, rock/return weight to right |
| 45-48 | Rock left to left, rock/return weight to right, rock/step left across right, rock/return weight to right |

## ¼ ROCK RETURN SHUFFLE BACK, STEP TOUCH TOUCH TOUCH

| | |
|---|---|
| 49-50 | Making ¼ turn left rock forward on left, rock back on right |
| 51&52 | Shuffle back left, right, left |
| 53-56 | Step back on right, touch left toe beside right, touch left toe to left side, touch left toe beside right |

## STEP LOCK STEP HOLD, STEP PIVOT ¼ STEP HOLD

| | |
|---|---|
| 57-60 | Step forward on left, lock/step right behind left, step forward on left, hold |
| 61-64 | Step forward on right, pivot ¼ left transferring weight to left, step forward on right, hold |

**REPEAT**

**RESTART**
There are 2 restarts. The first one is on the 3rd wall (facing front) after count 16. The second one is on the 6th wall (facing front) after count 40.